

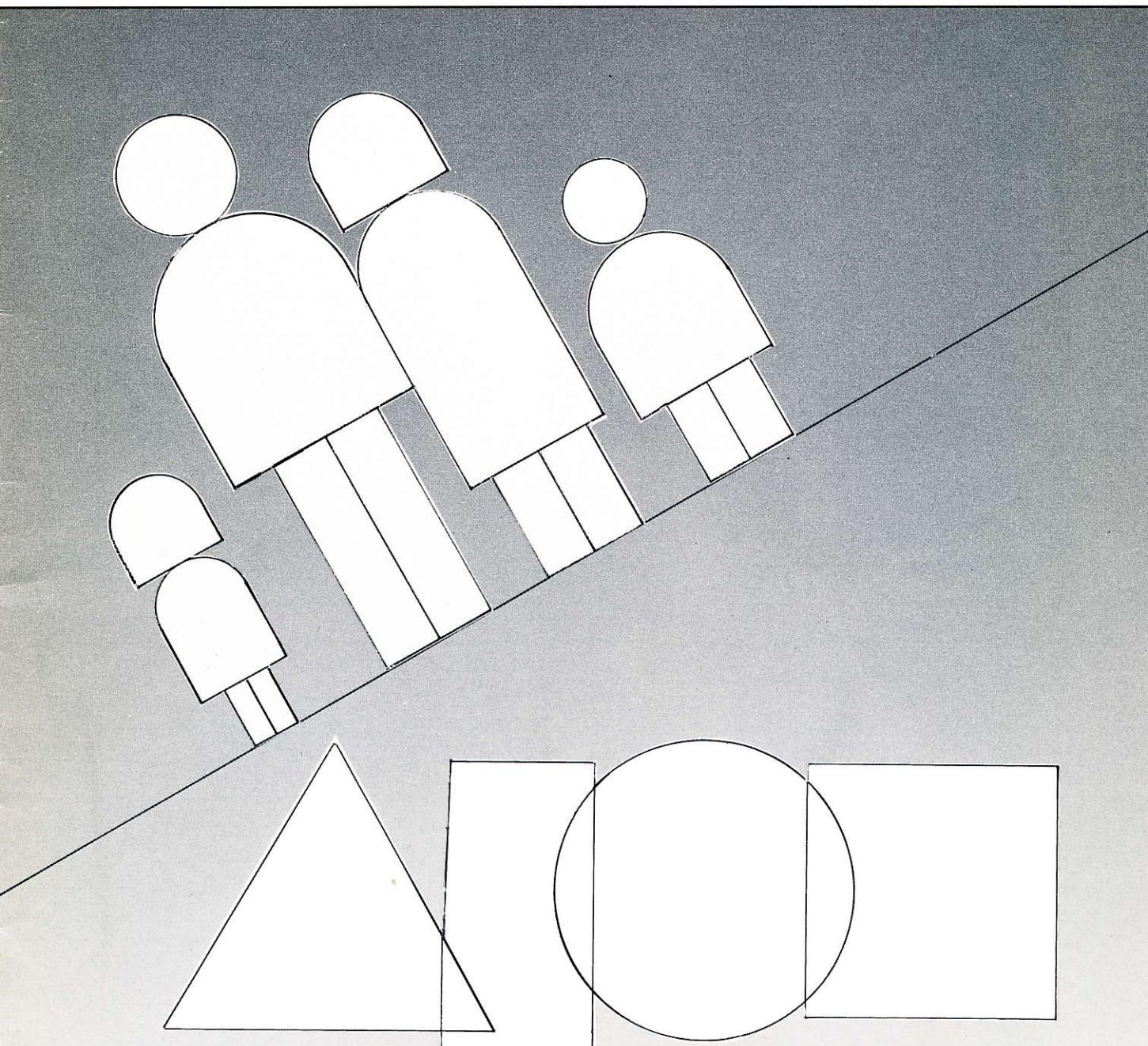


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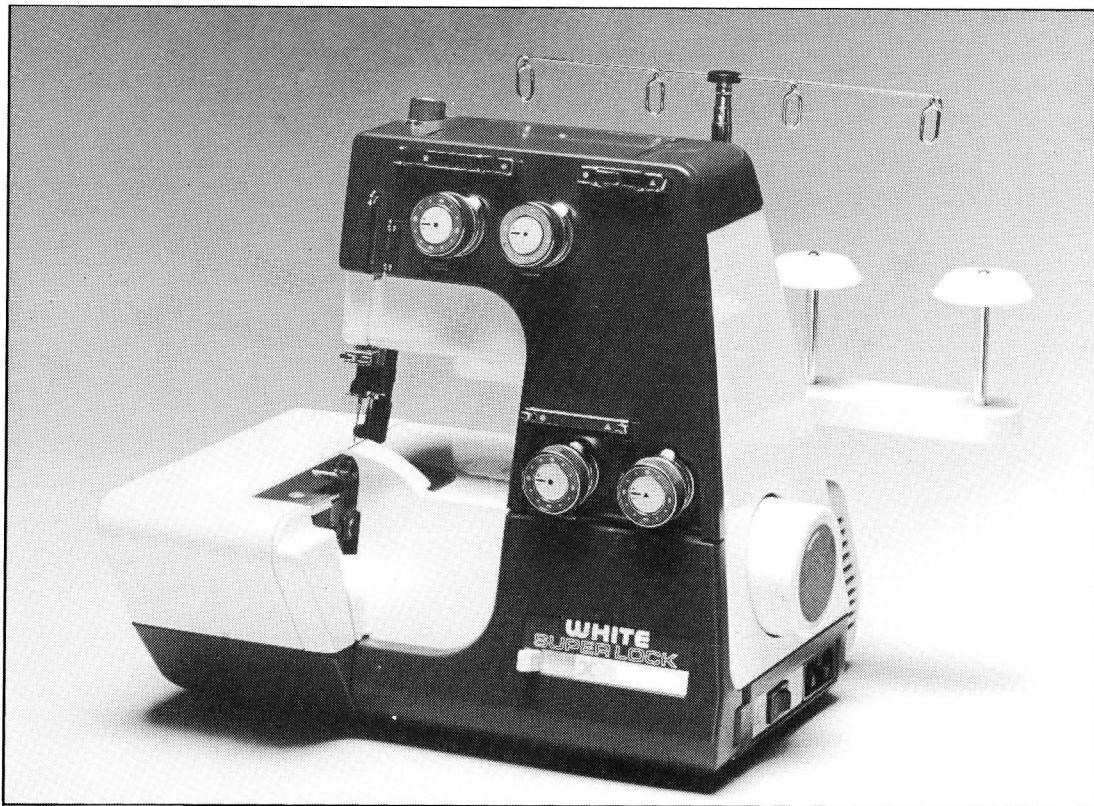


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La famille: nouvelle définition

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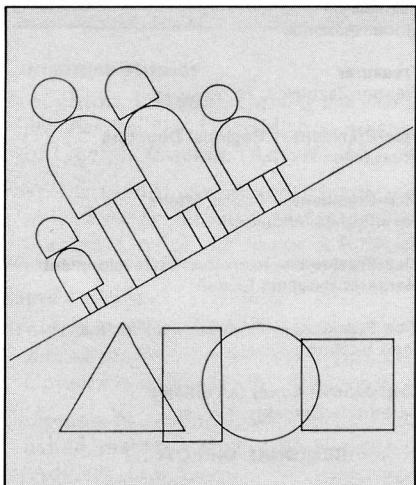


Canadian Home Economics Journal

Revue canadienne d'économie familiale

Winter 1986

Volume 36 No. 1



The cover, designed by Lisa Lev, symbolizes the diversity of family forms through the graphic illustration of geometric shapes and stylized individuals. (Designed as a project in the graphic design elective, Department of Interior Design, University of Manitoba, under the direction of Faye Hellner.)

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Canadian Home Economics Association
805-151 Slater Street, Ottawa, K1P- 5H3, Canada
Tel: (613) 238-8817/238-8819

Executive Director: Diana M. Smith, BSc (HEc), CAE

CHEJ EDITORIAL OFFICE
34 Linacre Road
Winnipeg, MB, R3T 3G6 Canada

Editor/Rédactrice en chef

Barbara Baczynsky, BHEC
 Free Lance Home Economist
 Tel: (204) 261-7024

**Associate Editors/
 Rédactrices associées**

Ruth Berry, PhD
 Professor, Family Studies
 University of Manitoba
 Tel: (204) 474-9794

Joyce MacMartin, MEd
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 Manitoba Department
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 Community Home Economist
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 University of Manitoba

**Co-editors French contributions/
 Co-rédactrices des manuscrits
 français**

Marie Barrette, M.nut.
 2110 rue de l'Église
 St. Laurent, PQ H4M 1G4
 Tél: (514) 744-4161

Henriette Rochette-Le Hir, MEd

**Research Editor/
 Rédactrice des recherches**

Phyllis J. Johnson, PhD
 School of Family and Nutritional
 Sciences
 University of British Columbia
 Vancouver, BC, V6T 1W5
 Tel: (604) 228-4300

Advisors/Consultantes

Pat Crocker, BAA
 Barbara Floyd, BA
 Susan Turnbull, MSc

**Business Manager/
 Administratrice**

Carol Sherman, BHEC
 CHEA National Office

**Advertising Representative/
 Représentant de publicité**

Lise Storgarrd
 P.O. Box 403, Stn B
 Hamilton, ON L8L 7W2
 Tel: (416) 549-9182

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from the Editors

A new year, and a new volume of the *Journal* herald some changes. Barbara Baczynsky, formerly an associate editor, has moved into the position of editor. Margaret Morton, who guided the development and production of the *Journal* over the past 2 years, has stepped down as editor and is currently away on study leave. The editorial committee expresses sincere appreciation to Margaret for the dedication and level of excellence displayed during her tenure and looks forward to the possibility of her return to the masthead in the near future. Dianne Kieren is in the process of completing her task as research editor which has spanned 3 years and two editorial committees. Credit is due to Dianne for providing an impetus for growth in the research section. Thank you both on behalf of the members of CHEA.

An expanded Abstracts of Current Literature section is introduced in this issue. It has been redesigned to better meet the needs of our readership. Let us know how you like it.

As was instituted last year, each cover of the *Journal* will have a different design. The designs for 1986 were selected from those submitted by the students in the graphic design elective, Department of Interior Design, University of Manitoba. To Faye Hellner, the instructor who directed the project, go our accolades, and to the students go our compliments.

The theme section of this issue focusses on families, with a series of informative, stimulating articles. Glossop and Anglin point out in their article that a definition of the family remains elusive, and contemporary society acknowledges the diversity of family forms and their support systems. The "Association d'Economie Familiale du Québec" reports on its response to the recent Quebec government working paper on family policy. The impact of the international social revolution on family life in Canada, discussed by Couchman, indicates an escalation in the rate of family breakdown and offers some possible causes for this change. Following on that, Robson presents typical reactions of adolescents to parental divorce and outlines techniques for establishing school-based groups for children of divorce — an area that she indicates educators with a family studies/home economics background are ideally suited.

The new editorial committee is anxious to receive comments, suggestions, and criticisms. Hearing from our readers is intrinsic to the life and vitality of the *Journal*. □

Barbara Baczynsky
Ruth Berry
Joyce MacMartin

Reader Forum

Letters and comments from the readership

Current Index to Journals in Education

The Educational Resources Information Center (ERIC) Clearinghouse on Adult, Career and Vocational Education regularly reviews journals that make significant contributions to fields in our scope of interest. Selected articles are abstracted and indexed in the monthly publication, *Current Index to Journals in Education* (CIJE). CIJE is published for the ERIC of the National Institute of Education.

We have reviewed several volumes of the *Canadian Home Economics Journal* and would like to add your journal to our permanent list of journals reviewed and indexed. We look forward to continuing coverage of the *Canadian Home Economics Journal* in CIJE.

Sandra Kerka
Processing Coordinator
ERIC Clearinghouse
Columbus, Ohio

World Textile Abstracts

We shall be most happy to prepare abstracts of the textile-relevant articles in the *Canadian Home Economics Journal* for publication in *World Textile Abstracts* and its related database in the DIALOG, INFOLINE and other computer-based information systems.

We look forward to receiving and abstracting future issues of your beautifully-published journal.

R.J.E. Cumberbirch
Group Manager, Information Services
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NEXT ISSUE:

The Workplace

Including: a look at an issue for traditionally female professions — equal pay; a discussion of the purposes and content of a code of ethics for CHEA; part-time work; and the popular regular features — Abstracts of Current Literature, Book Reviews, and New Developments.



Courtesy Vanier Institute of the Family

Families and Family Support

A Reappreciation

Robert Glossop and James P. Anglin

Abstract

Interest in the family *per se* has been displaced by an appreciation of diversity in family structures; and relationships between families and a range of societal institutions and systems — educational, economic, technological, political, and cultural. The functional significance of families as fundamental to societies has been rediscovered in the midst of profound changes common to industrially-based societies. The authors identify a 'crisis in caring' that calls for a reassessment and realignment of both formal and informal systems of family support. A spectrum of helping relationships is introduced as a stimulus to discussion out of which a commitment shared by researchers, practitioners, and families themselves to the creation of patterns of societal organization supportive of family relationships can evolve.

Résumé

L'intérêt *intrinsèque* que l'on portait à la famille a été supplanté par une valorisation de la diversité des structures familiales et des rapports entre les familles et un éventail d'institutions et de systèmes sociaux. Le rôle important de la famille considérée comme la pierre angulaire de la Société a été redécouvert au cours de changements profonds survenus dans toutes les sociétés industrialisées. Les auteurs parlent d'une 'crise d'humanitarisme' qui commande une réévaluation et une redéfinition des systèmes officiels et officieux d'aide à la famille. Ils proposent une série de "relations d'aide" pour encourager la discussion.

Robert Glossop, PhD (University of Birmingham) is currently Coordinator of Programs and Research, Vanier Institute of the Family. James P. Anglin, MSW (University of British Columbia), is at the School of Child Care, University of Victoria.

While the search for a fixed and universally-applicable definition of the family has remained constant, such a definition has itself always proven elusive. Today, one can no longer speak without hesitation, if at all, of **the** family. On the contrary, it is now customary for researchers, service providers, teachers, and other professionals to declare their interest in families. The plural designation serves to acknowledge and respect the patently evident diversity of contemporary family forms.

Families in Context

Along with the acknowledgement of the diversity of family forms there has developed a sensitivity to the entire range of institutional and societal forces that facilitate, impede, and variously influence the capacities of family members to manage the complex facets of their family lives and to assume their associated material, educational, legal, and psychological responsibilities. Interest in the topic of the family *per se* has been displaced by the current interest in 'family in context' as both researchers and practitioners pursue the promises of a 'social ecological' or 'contextual' frame of reference (Bouchard, 1980; Bouchard & Mongeau, 1982; Bronfenbrenner, 1979; Friesen, 1983; Garbarino, 1982; Keniston, 1977).

With attention now directed towards family's "total social situation and the environmental context of their lives" (Jordan, 1972, p. 45), emphasis is given to the functional relationships that exist between families and other societal institutions and systems — educa-

tional, economic, technological, political, cultural, and the like.

It is what families do, more than what they look like that provides a basis with which to acknowledge that single-parent families, blended families, dual-wage-earning families, single-earner families, extended families, and what have you are all variations on a common familial theme. There may be a relationship, at any particular point in time, between one kind of family structure and the way in which its members will or can fulfill their familial functions. Yet, the relationship between form and function is largely contingent upon diverse factors of social organization that lie well beyond the characteristics of any specific family and which are relative to time, place, and circumstances.

Consider, for example, how today's expressed concern over the plight of lone-parent families would lead one to believe that never before had we as a society had to cope with the 'problems' associated with the high incidence of lone parenthood. Lone-parenting is by no means new to our society and, in fact, the current proportion of lone-parent families compared to two-parent families falls well short of the percentages of the 1930s and '40s (Statistics Canada, 1984). In the past, lone-parents and their children remained largely invisible, supported by the families of origin to which they most frequently returned after the loss of a mate through death-in war, at childbirth or from natural causes. Today, on the other hand, it is more common for the lone-parent (who is more likely to be separated or divorced than widowed) to seek to preserve inde-

pendence from parents and in-laws by relying upon the provisions of the state which are only begrudgingly sustained by the taxpayer. It is not, therefore, simply the form or structure of family that determines the living circumstances of its members or a family's capacity to fulfill its principal responsibilities; it is, rather, a broader range of factors including historically and culturally relative attitudes and practices as embodied in social and economic institutions.

Until quite recently, we had allowed ourselves to believe that the 'modern' family had evolved into a specialized unit of emotional and psychological commitment, a societal institution no longer devoted to its earlier historical functions of economic production, education, health care, and welfare. But, today, the idea of family has been rediscovered and families are heralded as potential agents of health promotion; providers of care for the aged, sick, and disabled; as the principal loci of attitudinal and behavioral change; and as the first source of economic and financial security for their members.

It is not merely coincidental that the functional significance of family is being rediscovered at a time when industrial economies throughout the developed world and the welfare states that support such economies have been experiencing serious contraction. It is in these circumstances that we are invited to turn our attention, once again, to the intimate relationships people establish within their families and to see these relationships as not only emotionally, psychologically, and individually significant, but as socially, economically, and culturally significant.

Regardless of form, families share common needs and seek to fulfill common aspirations and societal expectations. There are multiple and complexly interwoven dimensions of family living that include: economic needs and obligations; emotional commitments and expectations; distributions of power and property; customary practices regarding residence; legal rights and responsibilities; rules pertaining to affective expression, sexuality, and procreation; and, expectations with regard to cross-generational responsibilities for socialization and personality development as well as material and social support.

Although these dimensions of family living are common to families at

*Regardless of form,
families share common needs and seek to fulfill
common aspirations and societal expectations.*

different times and in different places, one must not, as Eichler (1981), reminds us, assume that these legal, procreative, socialization, sexual, residential, and economic functions of family are necessarily fulfilled congruently, concomitantly or only within the boundaries of family interaction. For instance, recent decades of social and family change involving high rates of divorce and remarriage make it impossible to safely assume that the adults who take on primary financial and legal responsibilities for a child would also necessarily assume responsibility for the emotional, social, linguistic or cognitive development of that child. Emotional sustenance and psychological support may be provided to one another by an adult and a child who do not live together. The socialization of children is now frequently a responsibility of adults who are biologically and even socially unrelated to their charges. Upon seeing a family enjoying an afternoon in a park, one cannot know (as perhaps we once did) that: the children are biologically related to one another; whether or not they live together and, if so, for how many days a week; whether or not the adults are married, used to be married, are living together or are simply friends. Just as many of our traditional taken-for-granted assumptions about family life can no longer be taken-for-granted, so too must we assess critically the nature of the policies, services, and systems of support that have been designed to help families, but which according to Pitman (1980), remain, in essence, moulded by a vision of family life more in tune with the Victorian era than the present age.

Family Supports

Too often, in the fields of education and social service delivery, we find ourselves struggling with the unintended consequences of a static, unitary or "monolithic" (Eichler, 1981) image of the family. Such an image may seem to serve well the needs of professionals, policy-makers, and bureaucrats for policies and programs

that can be applied on a wide scale with apparently predictable and generalizable outcomes. Yet, even these objectives cannot be met by programs that fail to take account of the diversity of family structures and the diversity of family circumstances (Rapoport, Rapoport & Strelitz, 1977; Scanzoni, 1983; Sussman, 1971).

It is now well recognized that families have always been and continue to be the most powerful and pervasive source of their own support (Howell, 1975; Garbarino, 1982). It is still primarily families who do the work of: feeding, cleaning, and clothing children; teaching by example and by listening and talking; nurturance and providing materially, emotionally, and spiritually for one another. Families do not, however, carry out this time-consuming, expensive, complex, and often exhausting work by themselves. Furthermore, one must also acknowledge the recent studies of helping and social support networks indicating that members of one's own immediate or extended family are not always sources of support, but rather, can indeed be sources of considerable stress (Gottlieb, 1981). Frequently, parents turn to friends or self-help groups of various kinds (Froland, Pancoast, Chapman & Kimboko, 1981; Katz & Bender, 1976). Although families are still helping families, the sources and modes of support are evolving to accommodate changes brought about by a mobile population, rapidly shifting values, technological innovation, economic change, and social trends (Karal, 1985) that lessen the availability and/or suitability of cross-generational support within families.

A comprehensive consideration of helping services for families will need to consider the broad range of informal (non-professional) supports as well as formal (professional) supports. We have attempted to encapsulate the full spectrum of helping relationships in Figure 1.

In this conception of family support, families themselves are placed at one

extreme of the spectrum in the informal sector while *professional helping services* are placed at the opposite extreme in the formal domain. Just beyond the level of immediate and extended-family members lies the domain of *friends and acquaintances* who inhabit the "natural environment" of our daily lives. *Self-help groups and organizations* are placed next, still within the informal sector. Other authors have referred to these informal associations as "mutual help groups" (Silverman, 1980) or "mutual aid groups" (Romeder, 1982). According to Katz and Bender (1976), these groups are "voluntary, small group structures for mutual aid and the accomplishment of a special purpose" (p. 9).

Moving to the formal side of the support spectrum, we find the extreme position occupied by the *professional helping services*. Following on the work of Froland et al. (1981), we define formal care as publicly mandated or sponsored professional services, whether government-administered or provided through chartered intermediaries, such as private non-profit organizations. Such services can, and frequently do, make considerable use of volunteers and paraprofessionals. A second sector of formal care, and a phenomenon which emerged as an identifiable force only in the 1970s, is the area of *family support programs*. Such programs are characterized as being professionally controlled (or, at least, heavily influenced), preventive in orientation, focussed on families rather than individuals, and, generally, providers of direct service.

Lastly, and perhaps least explored, is the domain of what is being termed *semi-formal helpers*, which includes such occupations as teachers, clergy, physicians, and lawyers. Members of these professions are not regarded primarily as professional helpers, although they

perform a wide range of important service functions and provide help as a secondary function of their work. These helpers, as McGuire and Gottlieb (1979) note, "tend to be perceived as knowledgeable, respected and trusted parties" (p. 115) with whom individuals and families may share, or at least give evidence of, problems and concerns well before they would be willing or able to do so with persons designated as professional helpers. As such, semi-formal helpers are key "gatekeepers" (Caplan, 1974) in the community, and are in a position to make timely referrals to other sources of informal or formal support. In recognition of their unique place in the helping field, the semi-formal helpers are placed astride the dotted line in Figure 1 designating the separation of the informal and formal sectors.

A Crisis in Caring

The recent explosion of literature on informal and formal support networks has itself become a phenomenon worthy of study. As reported by Brownell and Shumaker (1985), over 450 studies on social support have been published in the discipline of psychology alone in the 2 years since "Social Support Networks" was entered as an index term in *Psychological Abstracts*. It would appear that we are witnessing a recognition on the part of professional helpers that our society is in the midst of a crisis in caring.

In all advanced economies, the so-called Welfare State that has evolved as compensation for the erosion of informal family-and community-based sources of material and social support is now threatened by severe restraint. The isolation and geographic mobility of the nuclear family which has exacerbated our dependence upon the welfare, social support, health and educational services provided by the

state has reached critical proportions. The crisis in caring and the rediscovery of family and community support is taking place in a context of social, economic, technological, political, and cultural changes that have been assessed by many to be as profound as those changes that ushered in the era of industrialization.

In the midst of these changes, we face the prospects of a realignment of our responsibilities and identities as workers and as parents. As the Government of Quebec (1984) has recently stated: "In the final analysis, we must strive toward a major objective: that of according as much importance to the role of persons as parents as we do to them as workers" (p. 64).

If, indeed, the future calls upon us to integrate better our working lives and our family lives, it is not only the individual that will search for meaning in new ways and new directions. Equally, those who lend support in this process — through their research, service, and teaching — will have to acknowledge the extent to which the current systems of formal support embody the assumptions of an age gone by.

Despite an abundance of literature, Brownell and Shumaker (1985), in their review of what we know about social support, observe:

Social scientists are beginning to take a more critical look at the literature to determine whether we know enough about what social support is, how it functions, and what its impact is on physical and psychological health, before designing effective interventions . . . Reviews of the theoretical and empirical literature suggest that there are many problems in the theory and methodology associated with the concept, and that it is premature to view social support as a panacea for health and well-being . . . or to design meaningful interventions. (pp. 4-5)

While concurring with this assessment, we would suggest that simply more research will never be enough. What appears to be called for is a different form of research and inquiry than that which has been traditionally utilized in the field. Any attempt to study, or to change or to enhance people's social supports or networks must enlist their active participation (Cochran & Henderson, 1985; Cochran & Woolever, 1983). The rigid distinction between research and intervention is no longer helpful. The researcher/intervenor and other participants become fused in a process of interac-

Informal			Formal		
Families	Friends & Acquaintances	Self-help Groups & Organizations	Semi-formal Helpers	Family Support Programs	Professional Helping Services
immediate and extended - family members	friends neighbors workmates letter carriers hairdressers bartenders, etc.	group members	teachers clergy physicians lawyers, etc.	volunteers paraprofessionals counsellors social workers child care workers psychiatrists, etc.	

Figure 1. Spectrum of informal and formal support.

Families continue to be the most powerful and pervasive source of their own support.

tion and the findings/outcomes will reflect this interaction.

The recent resurgence of interest in 'action research' (Carr & Kemmis, 1983), 'qualitative knowing' (Campbell, 1974), and 'naturalistic inquiry' (Lincoln & Guba, 1985) indicates a growing appreciation for an approach which suggests to us that the future well-being of families will entail the creation of new patterns of societal organization based upon collectively constructed and shared understandings and actions. To contribute to these understandings and actions is the task that lies before us, both as members of families and as professionals. □

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sabilités parentales feront, ossons-nous l'espérer, que les pères de demain deviendront des hommes ne vivant plus uniquement pour l'amour du pouvoir, mais qui seront, d'abord et avant tout, sous l'emprise du pouvoir de l'amour tel que le souhaite le sociologue Maurice Champagne-Gilbert (1980).

Nous ne saurions trop souligner l'importance de services préventifs dans les écoles, de maintenir et d'améliorer ceux qui existent déjà et de penser à de nouveaux services qui répondront aux besoins de ces enfants de la société de la 3ième Vague dont nous a déjà parlé Toffler.

Un autre service quotidien utilisé par les enfants, les adolescents et les adolescentes est celui des cafétérias dans les écoles. Les témoignages que nous avons eus à ce sujet laissent entendre qu'il y a place pour de l'amélioration. Nous recommandons qu'une vigilance plus grande soit accordée à la qualité nutritionnelle des aliments dans les écoles.

Enfin, nous verrions bien la mise sur pied d'un service téléphonique qui pourrait référer les familles aux prises avec différents problèmes. Pourquoi pas un "S.O.S. Familles". Nous avons déjà souligné que notre travail d'éducateurs et d'éducatrices nous faisait voir l'urgence d'établir et d'implanter une politique familiale.

Nous tenons à rappeler de nouveau l'importance du cours d'Economie familiale dans la jeunesse d'aujourd'hui et des adultes de demain. Nous tenons également à rappeler l'objectif principal visé par ces programmes c'est-à-dire, l'amélioration de la qualité de la vie des individus et des familles. Et c'est pour ces raisons que nous nous sommes autorisés à vous livrer notre réflexion et les recommandations qui en découlent. □

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Réflexion en marge d'une consultation

sur l'implantation d'une politique familiale au Québec



Cécile Veilleux-Fleury

Résumé

En raison de nombreux problèmes que connaît la famille, en raison du rôle de témoins privilégiés que jouent de nombreux membres de l'Association d'Economie Familiale du Québec auprès des enfants et des adolescents, il devenait pertinent de réfléchir sur l'élaboration d'une politique familiale et de faire des recommandations en conséquence. Les auteurs tentent donc de définir la famille, de déterminer le rôle que doit jouer l'Etat au plan financier de même qu'ils demandent une reconnaissance sociale de la fonction parentale. Ils réclament également des services adaptés aux besoins des enfants et des familles et rappellent en terminant l'objectif du cours d'Economie Familiale au secondaire, soit l'amélioration de la qualité de la vie des individus et des familles.

Abstract

Due to the many problems faced by families, and the privileged position of numerous members of the "Association d'Economie Familiale du Québec" as witnesses to the situation of children and adolescents, it became necessary to consider the development of a policy respecting the family and to make recommendations accordingly. The authors have therefore attempted to define the family, and determine the role which the state has to play on a financial level, while also calling for the social recognition of the parental role. In addition, they call for services adapted to the needs of children and families and, in conclusion, point out the objective of the home economics course in high school, which is to improve the quality of life for individuals and families.

Cécile Veilleux-Fleury poursuit une carrière dans l'enseignement depuis vingt-cinq ans. Elle détient un baccalauréat en Economie familiale de l'université de Sherbrooke, et elle enseigne cette discipline au 1er et 2e cycles du cours secondaire. De plus, elle occupe depuis sept ans le poste de consultante en Economie familiale à la Commission scolaire régionale de la Chaudière. C'est à titre de membre du conseil d'administration de l'Association d'Economie familiale du Québec et de responsable du dossier des relations publiques que Cécile a travaillé avec une équipe de collègues à la rédaction de ce mémoire.

Extraits d'un mémoire soumis au Ministre des Affaires Sociales par l'Association d'Economie Familiale du Québec à l'occasion de la consultation sur la politique familiale (Gouvernement du Québec, 1984).

C'est parce que nous croyons fermement en la nécessité d'une politique familiale qu'il nous est apparu nécessaire de faire connaître notre point de vue sur le sujet. Nous y croyons parce que le rôle que nous jouons dans la société québécoise fait de nous des témoins privilégiés et nous autorise, pensons-nous, à demander aux autorités gouvernementales d'agir rapidement.

Nous croyons être les témoins privilégiés parce que l'Association d'Economie familiale du Québec regroupe des membres (plus de quatre cents) qui œuvrent dans divers milieux tels l'éducation populaire, l'industrie privée, certains ministères et plus spécialement le milieu scolaire. La formation des membres que nous représentons est d'ordre pédagogique et multidisciplinaire. Précisons de plus que, dans la foulée de l'évolution sociale, notre association est, depuis quelques années, à caractère mixte.

La conception des programmes d'étude que nous enseignons englobe les questions sociales et économiques complexes de la vie familiale de sorte que les cours que nous dispensons permettent aux garçons et aux filles d'acquérir les connaissances théoriques et pratiques nécessaires à une saine gestion de la vie quotidienne.

Le cours d'Economie familiale a aussi pour but de suggérer les comportements qu'exige la vie vécue en interdépendance, comme c'est le cas en famille particulièrement lorsqu'il s'agit de faire face à des situations nouvelles créées par l'évolution sociale, et de maîtriser des circonstances inhabituelles de la vie sociale ou privée. Le cours d'Economie familiale enseigné au niveau secondaire a justement

comme objectif le bien-être et l'autonomie des personnes et des groupes familiaux pour une meilleure qualité de vie.

Définition de la famille

Il n'est pas facile de définir la famille et le fait de vouloir définir nous définit nous-mêmes par rapport à l'objet que nous voulons définir. Définir une idée, c'est la caractériser, la décrire, la préciser, la déterminer. Parodiant Paul Valéry, disons de la famille ce qu'il disait de la nation française quand il essayait de la définir . . . "c'est là même un élément assez important de sa définition que cette propriété d'être difficile à définir" (citation tirée du dictionnaire *Le Petit Robert*, (1983) sous le terme définition). C'est donc sous toute réserve que nous tenterons la définition suivante: *Groupe adulte(s) enfant(s), unis par des liens multiples et variés pour se soutenir au cours d'une vie par des rapports d'ordre affectif, intellectuel, moral, culturel et social, liens qui favoriseront à leur source des dispositions menant ces personnes à l'autonomie pour une meilleure qualité de vie dans leur existence quotidienne.*

Ajoutons pour plus de précision que cette définition n'exclut nullement le soutien d'ordre financier pour les enfants mineurs.

Rôle financier de l'Etat

Bien que connaissant les limites de l'Etat-providence, nous connaissons aussi les déficiences qui pourraient résulter d'un désengagement de l'Etat, inspiré par le néo-libéralisme qui donne à entendre que les individus ont tous les mêmes chances de réussite et qu'il n'en tient qu'à eux de prendre leur place au soleil. C'est pourquoi, nous croyons fermement au rôle financier important que doit jouer l'Etat dans l'élaboration et l'implantation d'une politique familiale.

Plus précisément, nous souhaitons que l'Etat maintienne une aide financière directe sous forme d'allocations familiales, compte tenu des coûts encourus pour l'éducation d'un enfant.

Nous souhaitons également une réduction des écarts dans les allocations versées au premier, au deuxième et au troisième enfant et nous demandons une augmentation des allocations pour le premier enfant: cette mesure étant favorable aux familles à faible revenu. Enfin, nous réclamons que l'allocation familiale soit versée à la personne qui a la responsabilité du travail familial dans le couple.

En ce qui concerne la politique fiscale, nous nous interrogeons sur cette différence d'exemption fiscale pour le conjoint à charge (3 770,00 \$) et la réduction uniforme de 5 040,00 \$ pour la personne qui travaille. Nous voyons bien le problème posé par le cas d'un couple où seul l'un des conjoints est sur le marché du travail. Dans le premier cas, la déduction au niveau du couple, sera de 8 810,00 \$ et dans le cas où les deux conjoints sont sur le marché du travail, la déduction sera de 10 080,00 \$.

Nous demandons qu'une correction soit faite, eu égard à la situation qui précède. Par contre, cette correction devrait être accompagnée d'un ajustement des paliers d'imposition. D'autre part, il importe pour rendre justice aux nombreux couples vivant en union de fait, que ce type d'union soit reconnu et que le système fiscal soit ajusté en conséquence.

Reconnaissance sociale de la fonction parentale

Si la famille n'est pas qu'une simple juxtaposition d'individus, la société également n'est pas, elle aussi, une simple juxtaposition de familles. Reconnaître que la société est le reflet des familles est une façon différente de dire la même idée.

Accepter cette assertion implique des choix politiques et sociaux qui sont de l'ordre de l'orientation à donner à toute société. Bref, cette assertion nous place en face d'un choix de valeurs.

Dans son ouvrage intitulé *La 3ième Vague*, Toffler (1980) explique l'éclatement de la famille nucléaire par l'éclatement de la société de masse qui a prévalu depuis l'ère de l'industrialisation. Avec la venue des nouvelles technologies, nous assistons à un éparpillement des lieux de travail, à un hyperchoix. C'est ce qui explique, toujours selon Toffler, l'éclatement de la famille traditionnelle:

Quand seule une faible minorité est concernée, on peut attribuer l'échec familial à

Si la famille n'est pas qu'une simple juxtaposition d'individus, la société également n'est pas, elle aussi, une simple juxtaposition de familles.

des carences individuelles. Mais lorsque le divorce, la séparation des corps et autres formes de désastres familiaux frappent en même temps des millions d'êtres dans de nombreux pays, il est absurde de croire que les causes de cet état de choses sont purement personnelles.

Et l'auteur de *La 3ième Vague* d'ajouter: "Ce n'est que dans une société de masse que la famille nucléaire conserve sa position dominante" (Toffler, 1980, p. 260-261).

Or, si le mode de production, si l'évolution de la technologie, en un mot, si le progrès scientifique ont une incidence sur l'évolution de la famille, nous sommes justifiés de demander, dans l'élaboration d'une politique familiale, que toute la société s'implique dans la définition et l'orientation à donner à cette politique.

Constatant, d'autre part, le peu d'intérêt que la présente consultation suscite auprès des gens d'affaires, des employeurs et des organismes qui les représentent, nous recommandons que l'on souligne publiquement les initiatives d'organismes qui instaurent des mesures favorisant les personnes à responsabilités familiales, telles les horaires flexibles, les garderies en milieu de travail. On pourrait, sous la mention "Ecologie Humaine", reconnaître publiquement les organismes qui favorisent la vie familiale de leurs employés.

En ce qui a trait aux congés parentaux et familiaux, nous recommandons que l'on forme une banque de congés pour absences familiales cumulatifs jusqu'à concurrence de dix jours.

L'école, les services, et le milieu

D'après le poète Gatien Lapointe (n.d.) "l'homme est le langage qu'il parle," et ce qui fait l'homme est ce qu'il a appris dans sa famille, à l'école, bref dans son milieu environnant.

Pour que l'école joue pleinement un rôle dans la vie de quartier, elle devra être disponible et accueillante en dehors des heures de classe, c'est-à-dire qu'elle devra mettre ses locaux et

ses équipements à la disposition d'une clientèle intéressée et motivée, de façon à ce qu'elle soit un prolongement de la culture de l'enfant et qu'elle s'intègre entièrement à son milieu.

Nous sommes également conscients de l'importance des moyens de communication dans l'élaboration d'une politique familiale. C'est pourquoi nous recommandons fortement que la station de télévision Radio-Québec conserve son caractère éducatif et que les autres chaînes de télévision s'inspirent davantage de valeurs susceptibles d'aider les familles à assumer leur rôle éducatif.

Parmi tous les services offerts à la famille, nous insisterons sur les services de garde pour qu'ils puissent être accessibles au plus grand nombre de couples. Très souvent, le fait de ne pas trouver une solution au problème de "gardiennage" empêche les conjoints de participer à des activités susceptibles de les conduire à une plus grande autonomie.

Une recherche sur les besoins des jeunes familles résidant dans les quartiers de St-Roch, St-Sauveur et Limoilou¹ révèle que le problème de "gardiennage" est le deuxième par ordre d'importance donné par les répondants qui disent être dans l'impossibilité de participer à des groupes "qui pourraient répondre aux besoins des jeunes familles" (Guillemette, Isabel, Rate, & Martin, 1984, pp. 12-13).

Un autre service à la famille qui est d'une extrême importance réside dans l'éducation à la vie familiale et aux responsabilités parentales. Nous recommandons donc le maintien des cours d'Economie familiale qui répondent en grande partie à cet objectif. Nous recommandons également que des cours sur les responsabilités parentales soient préparés et donnés par les enseignants et enseignantes d'Economie familiale. Ces cours sur les respon-

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¹Paroisses de la ville de Québec

The International Social Revolution

Its Impact on Canadian Family Life

Robert Couchman

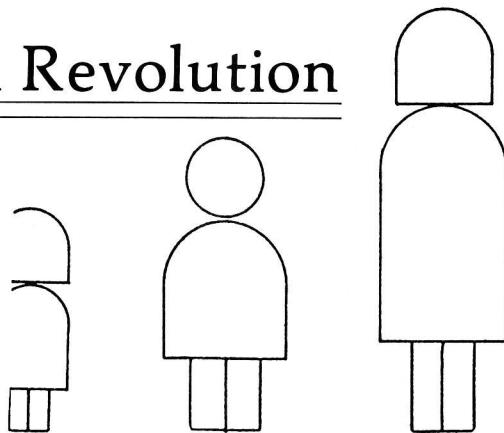
Abstract

Between 1965 and 1985 a major social revolution occurred in every developed country. The impact of this social revolution manifest itself in a major escalation in the rate of family breakdown — Canada's divorce rate increasing 560% between 1966 and 1982. In addition, the primary function of the family — parenting — declined suddenly as a social priority, with Canada showing 1.7 childbirths per woman by 1985. The causes for the sudden onset of this social revolution are extremely complex and consist of major shifts in the social, economic, and cultural scene. Divorce and birth rate patterns provide a number of clues as to the specific factors involved. For the field of family studies it is important to understand both the macro scope of these disturbances to the lives of families and the influences that contribute to stability.

Résumé

Entre 1965 et 1985, une importante révolution sociale a eu lieu dans tous les pays développés. Cette révolution s'est traduite par une hausse considérable du taux de rupture des familles, le taux de divorce au Canada ayant augmenté de 560% entre 1966 et 1982. En outre, la fonction première de la famille, à savoir la fonction parentale, a chuté brusquement dans l'ordre de priorité social, le taux de natalité n'étant plus que de 1,7 enfant par femme au Canada. Les causes de cette brusque révolution sociale sont extrêmement complexes et s'expliquent par de profonds changements sociaux, économiques et culturels. Les tendances du taux de divorce et du taux de natalité donnent une certaine idée des facteurs particuliers qui entrent en jeu. Pour ce qui est du domaine des études sur la famille, il est important de comprendre aussi bien la portée universelle de ces bouleversements sur la famille que les facteurs qui contribuent à sa stabilité.

Robert Couchman holds a BA from Queen's University and an MEd from the University of Toronto's Ontario Institute for Studies in Education (OISE). He is currently Executive Director of the Family Service Association of Metro Toronto and is cross appointed as a professor at OISE.



The social revolution experienced by families in the majority of developed countries between 1965 and 1985 may be the most traumatic self-induced cultural change to strike family structure in the history of the world. At no time in the past 6000 years of recorded history have social, economic, and political events coalesced to cause such a massive collapse of the dominant form of stable family life. Certainly there have been wars, plagues, famine, and slavery which have severely disrupted patterns of family living within specific countries and cultures. However, these influences, horrendous as they were, have been external to the family. The events causing the projected marriage breakdown rate in Canada to soar to 40% and divorce rates in the United States, Europe, and the eastern Soviet Union to show equal or worse performance, have originated within families themselves. So extensive has the disintegration of marriages become that the basic social norms governing family life in our society have been significantly altered.

Despite the liberation rhetoric of a few spokespeople who argue that divorce should be seen as a creative growth process or that the current change in family structure is inevitable, public opinion still largely holds that the current social revolution causing family breakdown is a painful experience. There is also every indication that western society still values the nuclear family, particularly with respect to its child-rearing role and its longer-term emotional support. It is significant to note that few, if any, young couples undertake the marriage commitment with the view that their relationship is for a fixed time period of 5, 10, or 15 years. At the time of marriage couples truly hope that their

new family will last during their entire life span. While today's young people would be wise to prepare themselves in terms of life skills for any eventuality, particularly given current divorce realities, we should do nothing to diminish their confidence or the joyful anticipation of a happy marriage and a stable family future. It would be terribly demoralizing if young couples entered marriage with the potential spectre of bitter hostility or the drift of apathy hanging over the future of their union.

Considering the historic context of these revolutionary family changes of the past 20 years, we see that family life has been extremely stable during most of the 20th century. In 1921, for example, Statistics Canada reported that the divorce rate was 6.4 per 100,000 marriages. Over the next 45 years divorces increased gradually to 51.2 per 100,000. With reforms to the Federal Divorce Act in late 1968, the rate increased sharply to 124.2 per 100,000 in 1969. At the time, informed observers speculated that the divorce rate would probably remain at a relatively high level until the backlog of couples wishing to use the new and more liberal separation criteria (3 years of separation) were processed through the courts. It was anticipated that following this wave of divorces the rate would subside to more normal levels. The decline never occurred. The divorce rate, reflecting the full surge of the new social revolution, simply continued to climb. By 1982 Canadian divorces numbered 286 per 100,000, a 560% increase in 16 years.

The stable nuclear family of pre-revolutionary days was no more. By the early 80's approximately 14% of all Canadian children were living in single parent families, 83% of them headed

by women. Statistics Canada (1983) now estimates that at current levels, 40% of all marriages likely will end in divorce and 40% of all young people will experience the traumatic separation of their parents by age 18 years.

A parallel consequence of the major changes in family life is a major decline in Canada's birth rate, a phenomenon also noted in almost all highly industrialized countries. With Canada's birth rate falling to 1.7 children per childbearing woman, the most crucial function of the family has been relegated to a much lower priority by a growing number of families (Couchman, 1985). As a result Canada's birth rate has dropped to the lowest level of any country in North America, South America, Africa, or Asia, tied only with the densely populated countries of Singapore and Japan. Consistent with divorce patterns, other developed countries in Europe, Asia, North America, and Oceania have national birth rates similar to those of Canada.

Macro Causes

Given the vital importance of the family to the country's social stability as well as its impact upon our personal psyches, it is not surprising that these developments have been extensively monitored and critiqued by scholars and journalists alike. Much of the literature addresses what is happening, as well as the personal consequences of these changes on the lives and minds of men, women, and children. Given the importance of this literature to those engaged in family and individual therapy, social welfare services, family law, and social policy matters, it is not surprising that much of what has been written deals with the pain and pathology caused by family collapse. If we are to understand the implications of this complex social revolution as well as its future unfolding, an attempt must be made to uncover the major influences that gave rise to the sudden and traumatic changes of the late 60's in family life. Such an analysis must be a somewhat speculative exercise as sociological and anthropological research does not possess the breadth nor the techniques required to measure more than a limited number of concrete variables.

The most popular type of analysis—investigation of a number of representative cases of families undergoing traumatic change—also fails to shed much light on the phenomenon. Social

workers, psychologists, and psychiatrists, who typically engage in such studies are inclined to focus their clinically-oriented attention on individual behavior and behavioral interaction. Researchers from these disciplines usually draw sharp lines around their research when it comes to considering economic, political, and cultural factors external to the family. Thus we must turn largely to empirical methodology in our enquiry of the current social revolution which is so profoundly impacting upon family life.

To assist in an understanding of the world phenomenon it is helpful to use the analogy of an earthquake from the physical sciences. Consider for a moment the earth's rocky mantle straining under the enormous pressure and heat of subterranean forces. To the observer all appears stable on the surface, while beneath the crust tremendous stress is building. Suddenly the pressure can no longer be contained and a gigantic shift occurs to relieve the stress. This major shock is followed by a number of lesser aftershocks as the crust settles to its new and more stable form.

The rather sudden social upheaval of the late 60's is well served by the earthquake metaphor. Reflecting back to the beginning of the current social revolution we can now see that enormous strain was being exerted against the fabric of society in developed countries. A number of complex and interrelated social, economic, cultural, and political forces had finally coalesced to trigger major changes. Canada and other western nations found themselves caught in a fragile transition period between the technological and information ages. The postwar generation never having experienced the personal rigors of a major depression or a war, were aggressively challenging the basic values of their elders. Women, whose role in society had gradually been badly distorted by an ironic quirk of historical circumstances as a result of being removed from the formal economy in the early 20th cen-

tury, were co-ordinating their energies in a rightful demand for equality and liberation. The western economy had amply provided families with sustained and abundant material enhancement for over 20 years and was poised on the brink of a major structural realignment that soon would shake everyone's personal expectations of progress. The introduction of the pill in the early 60's simply gave further impetus to one final trend, proving to be the ultimate stressor and triggering the onset of the social revolution. The personal goals of enjoyment, self actualization and personal fulfillment had replaced the familial values of commitment, responsibility, and mutual caring (Lasch, 1978). The birth of the me generation was the first shock wave of the most major social upheaval ever to strike developed nations throughout the world.

The dynamic interface of these issues and trends coming together as they did at a single moment in time created a level of societal stress, cataclysmic in its social impact. So strong was the shock and the subsequent aftershocks that the nuclear family was abruptly altered in just about every developed country. Though the social, political, economic, and cultural variables causing the upheaval may differ in intensity and timing from country to country, there is a striking similarity between the actual constellation of the various factors and events. Neither geographical boundaries nor cultural and language barriers seem to have slowed the momentum of these internal influences.

Regional Distinctions

To understand the phenomenon further it is necessary to isolate some of the subtle differences in divorce and birth rate statistics within specific regions of the countries affected by these changes. Generally speaking the rate of family breakdown and diminished birth rates correlate directly with the influence of major social, economic, political, and cultural changes.

The rate of family breakdown and diminished birth rates correlate directly with the influence of major social, economic, political, and cultural changes.

The stronger the interrelation of these factors, acting in consort with one another, the greater the pressure and pace of change in any specific community. As change increases it seems to act directly upon individuals in the context of their social relationships. If a community is cohesive and stable, with a goodly number of family and friendship supports in place, the impact of change upon any specific family tends to be absorbed. On the other hand if familial and friendship supports are weak and the pressures of change are extremely powerful, all but the strongest families will be rent by internal stress and interpersonal conflict. As an illustration, compare the divorce rates in the fast changing new communities of Canada's western provinces relative to the older and more traditional communities of the east. In 1979 the divorce rate in British Columbia was 343.4 per 100,000 and in Alberta 324.5 per 100,000 while in Newfoundland it was 84.2 per 100,000 and in Prince Edward Island 117.1 per 100,000. Obviously wealth and industrial progress do little to stabilize the quality of family life, aside from improving a family's material circumstances. A parallel situation exists in New Jersey and California, two of the United States' most rapidly expanding regions of development, where the divorce rates now exceed 80%, while the national average is 40%.

In a recent visit to Leningrad, Moscow, and the Soviet Central Asian republics of Uzbekistan and Kazakhstan I noted almost identical circumstances. While official data is hard to come by, senior government officials revealed that divorce rates in the advanced European areas of the Soviet Union had reached alarming proportions, certainly higher than Canada's national average, while in the more traditional and less developed areas of the country divorce rates were low and birth rates high. While the Soviet Union's official birth rate for the period 1980-85 was 2.4 children, in Uzbekistan and Kazakhstan the rates were 4+ children, thus suggesting birth rates of significantly less than 2 children per woman in the more economically progressive cities. As one might expect the dramatic differential between the low birth rates of the politically dominant European Russians and the high birth rates of the politically weaker Asian Russians is causing the senior members of the politburo growing, but as yet unofficial concern.

Regaining Social Equilibrium

From the empirical evidence we can see that the social revolution experienced by families during the past two decades is not only culturally powerful but also unique historically. Returning to the earthquake metaphor we can equate these violent social changes to the major shock waves which serve to relieve the hidden stresses of the earth's crust. If the analogy proves to be an accurate one we can speculate that the recent familial upheavals may well be easing the stresses of many years. With a modest decline in the divorce rate in three Canadian provinces and in several U.S. states in 1983, the first such reduction in over 20 years, the social revolution may be waning. At the individual human level many have suffered considerable emotional pain and disruption to their lives. People need their families, whether they be nuclear, single parent, or a couple without children. It is therefore probable that the social order is ready to settle into more stable patterns of familial interaction, after two decades of violent upheaval.

In asking ourselves how we might assist the process of familial stabilization, we must appreciate the self-induced nature of the negative changes which have been noted. Families have been subject to external forces, but in themselves these forces have not forced marriage breakdown and childlessness upon us. The decision to divorce or to remain childless are chosen responses, even though the motivation may not be totally understood by the individual(s). What is urgently required is a deeper understanding of the subtle influences which lead unwary couples towards the brink of divorce. As Schlesinger (1982) has noted, the majority of Canadians, even in volatile areas like Alberta and British Columbia, choose to remain married and have children despite the pressures that are acting upon them from within. □

Implications for Family Studies

We must attempt to understand the nature of the current social revolution and our personal responses to it. To date we have only taken small corners of the problem and attempted to understand it. While a micro-analytic approach is useful for those students who are entering the professions of social work, psychology, and psychiatry, those students who are engaged in

family studies must address the issues on the macro level and within an historic context. The macro approach would also serve our government social policy analysts extremely well as they attempt to support the family through creative family law reforms, social services and economic policies. Certainly it will continue to be valuable for family studies students to understand communications within marriage, problem resolution, child development, and practical life skills. Unless the socio-economic and cultural context in which families actually live is understood, families will continue to falter and having children will be seen as a disruption to family life rather than one of its central focusses.

At one time ancient Greek philosophers believed that earthquakes were caused by subterranean tempests in caverns or storms on subterranean seas. Our overall understanding of the recent social turmoil seems just about as enlightened and places us in an equally helpless position. Until we acknowledge that we ourselves have created the social and economic pressures which have led to the disruption of the lives of our families, as we race madly towards success and an ever increasing standard of living, the social circumstances that have caused the rate of family breakdown to escalate across Canada cannot be altered. We do have a choice but that choice comes with an understanding that we are in the midst of a social revolution and while that revolution may eventually take us to a higher level of earthly existence, it will also have its victims. Family studies educators are well positioned to reaffirm the self-determination of their students, with respect to healthy family life, and thereby significantly reduce the harm that is currently befalling so many young families. It is a challenge that demands a radical departure from current curriculum guidelines. The micro and the macro analyses require at least equal billing. □

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School-Based Groups

for children and adolescents of divorce

Bonnie E. Robson

Abstract

With the current divorce rate, many adolescents are coping with the stress of parental separation or divorce. Their reactions are dependent on their developmental and cognitive level, individual coping patterns, and their environmental stresses and supports. This paper presents typical reactions of adolescents to parental divorce. School-based groups for adolescents of divorce can ameliorate the stress and act as a container for reactive impulsive behavior. Educators with a family studies/home economics background are ideally suited to lead such school-based groups. Techniques for establishing and developing developmental-phase related groups are described.

Résumé

En raison du taux du divorce courant, beaucoup d'adolescents font face au trouble causé par la séparation ou par le divorce de leurs parents. Leurs réactions dépendent de leur niveau de développement et de cognition, leurs façons individuelles d'envisager les difficultés, et leur environnement. Cet article présente des réactions typiques des adolescents au divorce de leurs parents. Pour les adolescents des groupes se rencontrant à l'école peuvent réduire les difficultés et agir comme un contrôle contre un comportement de contre-coups impulsifs. Les éducateurs avec une formation en études familiales et en économie familiale sont idéalement adaptés pour diriger de tels groupes à l'école. L'article décrit les techniques pour établir et pour développer de tels groupes.

Bonnie E. Robson, MD (1965), DPsych (1969), DCP (1972), F.R.C.P.(C) (1970) is a Child Psychiatrist at the C.M. Hincks Treatment Centre and an Assistant Professor, Division of Child Psychiatry, Faculty of Medicine, University of Toronto. She is active in the training program with special expertise in normal child development and chairs the Resident Selection Committee. Her research interests and funded studies, in addition to children's reaction to parental divorce, include current family patterns, the role of fathers in child development, paternal attachment behavior, and the reaction of parents to caesarean section and a "natural" childbirth.

This paper reports on the experience and reactions to parental divorce of older, school-aged children and adolescents with special emphasis on their behavior in school. It describes a group program designed to assist such students which was piloted by some Toronto public schools in 1982-83. The techniques for establishing special groups for adolescents of divorce are presented to encourage family studies/home economics teachers to develop these much needed programs in their own schools. Since children's and adolescents' reactions to the divorce and their special needs are age related or developmentally phase specific, the recommendations for group composition, size, setting, activity, and program are arbitrarily divided for descriptive purposes according to age (see Table 1). It is recognized that these recommendations would be modified dependent on the cognitive level of the student participants.

The Need

It is estimated that 40-50% of children born in the 1980s in North America will spend some time in a single parent family (Hetherington, 1979). Of these, 33% will have experienced parental separation or divorce (Glick, 1979).

Reactions to separation. The literature varies widely on the consequences to children of parental separation. Some investigators such as Bane (1979) and Nye (1957) view divorce as a positive solution to destructive family functioning with long term beneficial consequences. However, most agree with Hetherington, Cox, and Cox (1978) that there is no such thing as a "victimless" divorce.

Wallerstein and Kelly (1980) studied 131 children in 60 mother-headed families. They found that the *older school-aged children* (10-13, grades 6, 7, 8) seemed shocked and uncomprehending initially and later expressed intense anger, often directed towards the non-

custodial parent. In school, such behaviors as failure to complete homework, starting fights over nothing, giving up difficult tasks, and attempting to be the centre of attention is not uncommon (Patten-Seward, 1984). Some children suddenly withdraw from all activities. For example, Susan, age 11, dropped out of track and field and stopped playing with her friends after school, preferring her mother's company. When Susan and her mother were interviewed by the school social worker, they sat huddled together in the same chair. These children sometimes hang on to the image that one parent is all good and one all bad for years. In a group, these children may be able to develop more tolerance and ambivalence when other members confront them with their biased position.

Although *early adolescents* are not surprised at their parents' separation, they acknowledge that the process is intensely painful. Usually they experience intense loyalty conflicts and express worry and uncertainty about their parents' abilities to cope. They may have difficulty concentrating. Like the older school-aged children, those who are having difficulties withdraw from school activities. In addition, they may show poor academic performance or appear depressed in the class.

The *older adolescents*, particularly girls, have a significantly lowered self-concept (Rosenthal, Peng, & McMillan, 1980; Parish & Taylor, 1979; Salter, Stewart, & Linn, 1983). They may express this as a sense of being different from their peers as illustrated by Coleen, age 17. "I wish I could be like a normal teenager with a family and all. I feel so different." Adolescent girls, fatherless through separation, may seek attention from males and demonstrate early or difficult heterosexual relationships.

Anthony (1974) reports that the initial reaction of the adolescent to the marriage break-up is grief accompanied by guilt. He describes the "neurosis of abandonment" in which every new relationship is approached apprehensively, with the expectation of being rejected. He notes that the reaction is characterized by an alternation between

inner depression and outer aggressiveness and a grieving for the lost family unit. This intensely felt experience at the loss of the family unit was prominent in our older adolescent groups (Robson, 1979). The sense of loss accompanied by reunion fantasies was

found to be still prevalent at a 10-year follow up (Kelly, 1984).

Some older adolescents fail to develop a sense of identity and seem stuck while others may appear pseudomature with adult interests, friends,

Table 1. School Groups for Children and Adolescents of Divorce

	Age		
	10-13 (grades 6, 7, 8)	13-15 (grades 8, 9, 10)	15-18 (grades 11, 12, 13)
Size	5-7	8-10	8-10
Sex	Same	Same	Mixed
Length	1½ hours (in school time lunch hour) for 15-20 weeks	1 hour (in school hours) for 10-25 weeks	1½ hours (out of school hours) for a full school year or semester
Setting	Two small classrooms, activity space for food preparation and crafts, sturdy chairs, VTR	Classroom, VTR	Comfortable lounge (if possible), lamps, pictures, coffee tables, chairs, VTR
Equipment	Indoor games, soft balls, simple dress-up materials, hats, ties, make-up, Polaroid camera, craft supplies, cooking supplies, VTR	Materials for journals, Polaroid camera, simple props, e.g., play telephone, suggestion box	
Refreshment	Milk, fruit, juice, crackers (at end)	Diet soft drinks (at outset)	Soft drinks, teas (available throughout)
Activity	Two per session — one large motor (game or drama) and one quieter (film, craft, board game, feelings game, divorce game); end with refreshments and discussion	Films on divorce, guest speakers, creative video-drama, suggestions from box, journal of discussion	Discussion, occasionally use creative drama for problem solving
Role of group leader/teacher facilitator	Foster group support for members; maintain limits and controls; introduce topic of the week; request comments, stimulate ideas, topics; plan and organize activity from members' suggestions	Assist in normalizing the divorce experience, foster peer support and group cohesion, assist group	Foster discussion, chair meeting to avoid own involvement and allow everyone to participate
Parents involved	Written permission to participate. Individual meeting with leader before group. All parents invited to "parent day" to hear special presentation from group members on divorce. Individual meeting with leader at end.	Written permission to participate. Initial information-giving group session for interested parents given by leader before series of sessions starts.	Written permission to participate for members under 16. No planned sessions. Contact not necessary.
Goals	Peer support, reduce anger and blame, tolerate ambivalence, reduce impulsiveness, improve self-image	Normalize divorce experience, improve interpersonal skills, obtain peer support	Normalize divorce experience, peer sharing and cohesion, anxiety reduction, develop hope for the future

and dress (Sorosky, 1977). Older adolescents may express concern over finances and educational needs. In one of our groups, John age 15, expressed his anxiety this way, "What I worry about is when I'm 18 my father won't have to pay for me any more. I want to go to university. I won't beg him."

Why school-based group intervention? Adolescents, because of their developmental stage, appear to accept advice and direction, not only from adults but from their peers. They tend to seek the advice of friends who have also experienced divorce. This tendency led us to develop school-based groups or peer counselling groups as a preventative intervention for these adolescents. It is surprising as noted by Kalter (1984) that "despite a 50-year history of group psychotherapy for children, (Slavson, 1975) there are only 10 published reports regarding the use of focussed groups for children or adolescents of divorce" (p. 13). He advocates school groups for adolescents of divorce with the goal of normalizing the experience.

Rutter (1971) has emphasized the role of teachers as available significant adult contacts to assist the adolescent with adaptation. Family studies educators often work in an ideal environment to foster such groups. Both older school-aged and younger adolescents do best in a familiar family-like setting that can accommodate a craft activity and food preparation. The good teacher is attuned to the needs of these children for increased structure and discipline as an expression of stability or concern when the children's family environment appears chaotic. The classroom and the teacher represent for these children a mature container for their distorted emotions and impulsive behavior.

Technical Aspects

Leadership. Family studies teachers who have not previously run groups that are preventative or related to current societal problems such as groups on alcohol and drug abuse, sexual information or suicide, may wish to seek the support and advice of the school's psychoeducational consultant during their first group program. The basic rule of good leadership is to maintain structure and control, and enforce the group rules. This can best be done by establishing an agenda for each meeting and organizing the activities for the younger groups. Making a

journal describing the sessions or minute taking promotes group cohesion and reinforces the task orientation. However, the leader should be flexible enough in approach to be able to change the agenda to include group members' suggestions.

The leader's task in running a focussed, time-limited group is not to do therapy but to provide support and education. Thus the leader should ensure that no one is forced to comment or discuss a sensitive issue if they are uncomfortable. Equally the leader should ensure that everyone has an equal opportunity to express an opinion or make a comment if they wish.

Co-leader. A male/female co-leadership style has been found to be useful for the younger groups. Seeing a male and female leader working together is obviously an important educational experience for these children, many of whom have recently witnessed only high tension or more likely hostility between their parents. However, the male leader may find that he is scapegoated. Custody decisions in the 1980s still predominantly favor the mother. As there is a natural tendency to blame the absent parent, fathers, and by displacement the male leaders, tend to be easy targets for the adolescents' rage.

Group members. Membership in the groups should be voluntary in response to an open invitation. Membership should be restricted to only those children who have experienced parental separation currently or in the past. As these are time limited groups, once the students have agreed to group membership, they must commit themselves to attend all meetings and to notify the group a week in advance of any anticipated absences. This promotes group cohesion and peer support. The older school-aged groups should have fewer members (5-7) because of the need for this age group to engage and interact through activity rather than pure discussion. It is advised that younger adolescent groups be same sexed to avoid the normal anxieties of early heterosexual awareness.

Parent permission. One of the surest ways to undermine the younger groups is to have a lack of parental support. Parents must be in agreement with the need for such a program and understand the rules and obligations. All parents should give written per-

mission for participation of minor children and adolescents.

Activities and themes. The Toronto project leaders found that classrooms and particularly family studies rooms were suitable for the groups. Various activities such as journals, social interactive games, preparation of a snack, role playing, and creative drama were useful to facilitate cohesion especially in the younger adolescent groups.

School-based groups are a preventative intervention.

In creative drama, one group member acts as the director of the play and chooses the cast from among the other group members and outlines the characters' major personality features. The group chooses the theme of the play and contributes to the script but individuals may improvise within their parts. Plays are expected to deal with some of the common difficulties surrounding parental separation. If possible, the production should be videotaped. Playback of the videotape allows the less verbal adolescents to invest in the process while maintaining a safe distance from total commitment. Video playback has been reported to promote interaction, increase warmth of responses, and increase group cohesion (Evans & Clifford, 1967; Marvitt, Lind, & McLaughlin, 1974).

In some older school-aged and early adolescent groups, creative dramas may be related to themes of helplessness and tend to focus on maintaining a relationship with the custodial parent. Some dramas may involve threats of abandonment by the custodial parent. One such play was entitled "Well, if you don't love me, you can go live with your father" and another very similar production, "Go pack your bags." Alternatively some plays may illustrate the anxiety over loss of the remaining parent with themes of parents being rescued by their adolescents from fires and suicide attempts.

In the older adolescent groups, themes of loneliness, protecting parents, and issues of parents dating or concern over parents not dating are commonly presented. This reflects the capacity of the older adolescent to sustain sad and unpleasant feelings. The

heroine of these dramas is frequently an adolescent acting as a substitute mom who contributed to the family income, took on all the household responsibilities, and cared totally for younger siblings. Later group themes may involve the asking and receiving of help. It should be noted that older adolescent groups use creative drama techniques much less, preferring direct discussion.

Debriefing and outcome. All group members should be seen individually after the termination of the sessions. Any adolescent who has persistent or major difficulties should be encouraged to consult with the school's psychoeducational or social services.

Previously school-based groups have been reported to be a success by the subjective reports of parents, teachers, and the members themselves. Research employing pre- and post-group measures and with matched control groups of adolescents with separated parents and control groups of adolescents from intact families is needed before such claims can be validated. However, based on these subjective reports, the parents note that their children were more responsible and co-operative; the teachers reported increased attention and participation in class with consequent improved grades. The adolescents themselves reported feeling less lonely and isolated, and for some there was an improvement in how they viewed themselves. The long term benefits to the adolescents as they mature and enter their own marriages can only be hypothesized. However, the high incidence of family transmission of divorce may be decreased by such preventative programming. As adolescents increasingly experience the stress of family dissolution, the awareness and support of family studies educators is essential. School-based groups may alleviate some of the distress and anxiety experienced by these high risk adolescents. □

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(Continued on page 22)

The Food Industry's Response to the changing Canadian family

Karen Shaykewich

The food industry is an innovative one, entering a plethora of new products into the marketplace each year. In 1984, *Food Engineering* reported that over 1,000 companies in the United States introduced 3,340 new products (Taylor, 1984);

Abstract

Food manufacturers formulate products to meet needs of consumers. New products introduced into the marketplace are considered long-term investments by food companies. The Canadian family is becoming smaller, more aware of the link between nutritious food and health, and more able to spend money on higher priced items that comply with its requirements for quality and convenience. Understanding changes in the family permits manufacturers to formulate products that will meet the needs of individual family members. New technologies in packaging such as aseptic packaging and PET (polyethylene terephthalate) have influenced the products available in today's marketplace.

Résumé

Les fabricants d'aliments élaborent des produits pour répondre aux besoins des consommateurs. Pour les compagnies d'alimentation, les nouveaux produits mis sur le marché sont des investissements à long terme. La famille canadienne devient moins nombreuse et plus consciente du rapport qui existe entre la valeur nutritive des aliments et la santé. Elle peut également se permettre de dépenser sur des articles qui sont plus chers et dont la qualité et l'utilité répondent à ses exigences. Comprendre les changements qui s'effectuent dans la famille permet aux fabricants de créer des produits qui répondent aux besoins de chacun des membres de la famille. Les nouvelles techniques d'emballage y sont pour quelque chose dans les produits que l'on retrouve sur le marché aujourd'hui.

Karen Shaykewich has a BSc from McGill and an MSc from the University of Manitoba. She is currently a lecturer in the Department of Foods and Nutrition, University of Manitoba; Chair of the Manitoba Section, Canadian Institute of Food Science and Technology; and Chair of the Manitoba Food and Agriculture Committee, Consumers Association of Canada.

this was comparable to the number introduced the previous year (Taylor, 1983). As the food market is a highly competitive one, companies use a wide variety of techniques to ascertain what the consumer wants, needs, and (hopefully) will buy. Although philosophies vary, most top-ranking companies consider new products not as items that offer short-term returns, but rather as long-term investments. Nabisco Brands' Chairman, Robert M. Schaeberle, speaking at the National American Wholesale Grocers' Association Meeting in Montreal, September 21, 1984 stated "New products are to a business enterprise what raindrops are to a parched lawn. They build it up. They improve it. They keep it healthy and alive" (Taylor, 1984, p. 92).

If these products are to succeed, they must meet the needs of today's (and tomorrow's) consumers. An understanding of changes in families and the influence these changes have on consumer preferences is essential in development and marketing of new successful products. Consumers have always desired high quality foods at a fair price, but definitions of quality and willingness to pay will be influenced by family composition and lifestyle.

The aim of the present paper is to discuss changes in the family, and how the food industry has attempted to meet the needs of family members.

Family Composition and Lifestyle

More wives and mothers are now also wage earners, and this has increased family incomes. Thus, whereas money may have been the limiting resource previously, the importance of time now takes on new significance when food purchases are made. Working women need "quality" time with their families, and the use of convenience foods frees time that might, at one time, have been used for meal preparation (Danielson & Robbins, 1984). Meals are becoming more informal and less important as family meeting places. The structure of meals has changed, also. Several studies conducted by Good Housekeeping Institute have reported that 59.5% of con-

sumers surveyed said they never serve an appetizer and 21% said they never serve dessert with dinner (Sloan & Curley-Leone, 1984).

The population of Canada is an aging one. In 1985, 25-to 34-year age group constituted a large (17.7%) segment of the population. These young adults are more health conscious and better educated than their parents. The size of this segment of the population suggests a short-term trend towards growth among families with young children (Powers, 1985). As this group ages, sheer numbers will exert an influence on market demand.

Technological Innovations

Recent technology has influenced products appearing on supermarket shelves and has enabled these products to better meet the needs of today's families. The introduction of aseptic packaging, for example, has radically changed the appearance of the familiar beverage aisles. Many fruit juices and fruit-flavored beverages now appear in 250 mL Tetra Brik aseptic packages with convenient drinking straws attached. The package is a paper/foil/plastic laminate into which sterile liquids are placed. The cartons are sealed below the surface of the liquid, so no air is included in the package. Exclusion of air and light means the drinks can be stored for several months at room temperature. Severe heating is avoided, so the product flavor can be superior to canned. Other liquids appearing in Tetra Brik packages in Canada include wine, in both 250 mL and 1 L sizes (First time, 1983), milk and chocolate drinks, milk shakes and, in some parts of Canada, whipping cream (Cream in brick, 1985).

Another technological innovation that has improved foods available to the consumer is the introduction of PET (polyethylene terephthalate) trays (New option, 1983) as the ultimate in convenience packaging for frozen dinners and entrees. These dishes are attractive, safe for use in both conventional and microwave ovens, and disposable. The size of family incomes coupled with perceived

increased value of time has meant that some food products, which at one time would have been considered overly expensive, are now purchased on a regular basis. One of the recent trends in the food industry is the introduction of a large number of relatively high-priced frozen dinners. These are aimed at the upscale, one to two member households (Taylor, 1983). The dinners are relatively light and are very convenient. They are packaged on disposable PET trays so may be safely prepared in conventional or microwave ovens. In Canada the dinners are priced to sell from \$3.99 to \$5.49 (Campbell heats up, 1985). The emphasis on these types of dinner is high quality, attractive presentation, and desirable food combinations; in other words quality is not sacrificed for convenience.

Health-Conscious Consumers

Consumers are concerned about food prices (Sloan & Curley-Leone, 1984). Although 45% of their respondents surveyed expressed "extreme concern" about food prices, it must be remembered that in Canada we spend only about 16% of our disposable income on food, and that this has been decreasing (Zafiriou, 1984). Sloan and Curley-Leone (1984) pointed out that consumers are not willing to sacrifice food quality for a low price. Their results indicate that consumers equate high quality with a safe, nutritious, healthy product. A product that is "healthy" to eat may mean it is low in salt or sodium, sugar, energy, caffeine or fat but still be equivalent in taste, texture and eating qualities to the "non-healthy" product. Ron Schaeberle of Nabisco Brands summed it up by saying "Sometimes I think by being nutritious consumers mean not more nutrients but less of everything — calories, sugar, salt, additives, flavors, colors — and so on" (Taylor, 1984, p. 92).

More and more so-called "lite" foods are appearing in the Canadian marketplace, although the definition of "lite" is rather nebulous. Aspartame (Nutra Sweet) is replacing sugar in many familiar foods and beverages. Canadians can find most brands of soft drinks as well as gelatin desserts, sweetened tea mixes, fruit-flavored beverages, chocolate milk mixes, and even cereals sweetened with aspartame instead of sugar. Lite beers and low alcohol beers are now being produced for consumers who desire a product with more of less.

New to the alcoholic beverage market are the "coolers", a mixture of citrus juices and wine.

Meat advertisements, too, are attempting to appeal to the health-conscious consumer. In one survey, 20% of women said they were eating less beef because they were concerned about health — expressed concerns were related to fat, cholesterol, and energy values. Beef consumption has been declining in recent years from the 1981 peak of 41.1 kg/capita to 38.2 kg/capita in 1984 (Danielson & Robbins, 1984). To try to appeal to the health conscious consumer, the new beef promotion slogan is "Lookin' Good Beef", and stresses the nutritional value of the product (Beef group, 1985).

New products must meet the needs of today's and tomorrow's consumer.

Caffeine is another ingredient some consumers try to avoid, and soft drink manufacturers quickly formulated cola drinks without it. The height of ridiculousness in advertising, though, is the slogan "Caffeine: Never had it; never will". The same might be said of powdered elephant tusk.

Some foods and some food products are purchased because they are perceived to contain more of some desirable nutrients, such as fibre or vitamins. "Natural" foods are perceived as being more nutritious than "artificial" ones. In 1984, the "miscellaneous snack" category cited in *Food Engineering* contained a variety of products aimed at the "natural food" consumer (Taylor, 1984). In the same year, Canadians spent 66 million dollars (8%) more on snacks than in the previous year. In a recent Nielsen survey, 63% of respondents viewed snack foods as not being nutritional but only 40% said they try to exclude them from the family diet (Goldstein, 1984). The food industry expects snack foods to be strong in coming years (Snack foods, 1985). Fruit is considered to be nutritious and fruit snacks grew by almost 30% in 1984 over 1983 in dollar value (Taylor, 1984). Granola and granola bars are considered nutritious snacks;

in 1984 more new varieties were introduced (Taylor, 1984).

Another sought-after nutrient is fibre, and manufacturers are producing a wide variety of whole-grain breads as an alternative to white bread. Even white-bread addicts can have their bread and eat it (fibre) too, as a recent introduction to the Canadian marketplace is a white-bread product with added dietary fibre.

Conclusion

Foods recently appearing on supermarket shelves are a result of manufacturers responding to what they perceive as consumer needs in 1985. If the product satisfies the consumer need of quality at a fair price, it will survive. If not, it will be replaced by a new product that does. In the future we will see more singles of all ages, more single parents and more retired consumers, each with their individual food needs. Food companies that anticipate these changes in the family and offer products that best satisfy the needs of these consumers will thrive. □

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The Inuit Woman's Parka

The Amauti

Julia A. Ewing

Abstract

In antiquity, Inuit women created a unique parka, the *amauti*, that protected both themselves and their babies from the cold. Distinctive regional styles resulted from different environmental resources and local tastes. The garment was made from two layers of fur and was rich with decoration. Like all artifacts of a society, the *amauti* evolved over time. The most dramatic changes took place when the white man began commerce in the North. Initially the trade items were used only for *amauti* decoration. Later, with increased trade, yard goods and fabrics began to be used in the construction. Today *amautii* are typically machine made from purchased fabrics and trimmings.

Résumé

Dans les temps anciens, les femmes Inuit ont créé un parka unique, l'*amauti*, qui protégeait les mères et leurs bébés contre le froid. Des styles distinctifs régionaux se sont développés selon les différentes ressources du milieu et les goûts locaux. Richement orné, ce vêtement était fait de deux couches de fourrures. Comme tout objet fabriqué dans une société, l'*amauti* a évolué avec le temps. Les changements les plus dramatiques se sont produits quand les blancs ont commencé à faire le commerce dans le nord. Au début, on se servait des articles d'échange seulement pour décorer les *amauti*. Avec l'accroissement du commerce, on a commencé à utiliser les bordures et les tissus vendus au mètre dans la fabrication de ces vêtements. Aujourd'hui, les *amauti* sont généralement faits à la machine, avec des tissus et des bordures tous faits.

Julia Ewing has a BHEc from the University of Manitoba and an MBA from the University of Saskatchewan. She has worked in various capacities within the Manitoba apparel industry and with Native peoples. Currently, she is the manager of the Frobisher Bay Craft Center, where Inuit women produce parkas, jackets, mitts, and other arctic clothing items.

Canadians have long been searching for warm, comfortable protection from their cold winters. Native women of the Arctic have developed a large-hooded parka. The name for the parka in the Inuit language, Inuktitut, is *amauti*. The word comes from *amaut*, meaning pouch. The *amauti* protects the woman from the freezing elements and serves as a practical carrier for their babies. By carrying the child on the back, the hands are left free to perform various daily tasks.

A child can be carried in the *amauti* from infancy to 2 or 3 years of age. For warmth while the *amauti*'s large hood was down, the child was dressed in a jacket and cap made from the skin of a caribou fawn. The child's legs remained bare as they were always protected by the *amauti*. During inclement or extremely cold weather, the large hood was pulled over both the mother and baby's head. The large hood allowed fresh air to filter down to the child on the mother's back.

Traditionally, every Inuit woman wore the *amauti* regardless of her marital or maternal status. By adopting the *amauti* or "mother's parka," a young woman assumed her role within Inuit society — producing and nurturing children.

Elements of Construction

The archetypal *amauti* is a double layered fur garment. The inner layer, the *atigi*, is worn fur side in with the hair directly against the wearer's body. The outer layer, the *qulittaq* is worn fur side out. In the past a variety of furs were used for construction. Seal skin, because of its waterproof properties was occasionally used for women's spring and summer clothing. Less frequently or when necessity demanded it, other furs such as fox were used. Caribou skin was the most popular material for winter wear and used whenever it was available.



Figure 1. Woman of the Central Arctic, c. 1915.

Caribou possesses exceptional insulating and moisture resistant qualities. It offers the greatest protection of any fur against the harsh climate of the North (Manning & Manning, 1944). Each hair is hollow and traps air, thus maintaining a high insulation value. Because the hair is also water resistant, perspiration and condensation from one's breath will not wet it and cause the hair to stick together; a condition which greatly reduces a fur's heat retaining capability.

Distinctive regional styles have resulted from variations in resources and environmental factors, as well as design skills and local taste. There are, however, some elements or defining features which are always present. These include a large hood to protect both mother and baby, an *amaut* (back pouch) for the baby to ride in, or an *akug* (back tail), and a *kiniq* (front apron). To support the child a belt is secured around the mother's waist. Ties fastened to the neck opening are attached to the waist belt and help to distribute the weight more comfortably.

Regional Differences

In former times styles were localized as family groups had little contact with one another. Family groups travelled only as far as they could walk, paddle their kayaks, or go by dog team. The cut and appearance of the amauti indicated one's region and locale. Despite greatly improved transportation and increased population mobility, these variations are still visible today. For example, in the vicinity of Victoria Island, the front hemline reaches only to the waist. The tongue-like appendage hanging in the centre front is the only remnant of the kiniq (Figure 1). In the Eastern Arctic the front hemline has a deep scallop from the hip to the knee. This scallop may be curved at the bottom edges like a shirt tail (Figure 2) or as prevalent in the Cumberland Sound area, with squared off corners.

In the South Baffin Region the amauti fits snugly in the front bodice and shoulder area. The hood is broad with a peak on the top and the face opening is wide. Conversely, an amauti from the west coast of Hudson Bay exhibits broad shoulders looking like exaggerated epaulettes. The hood is long and narrow with a rounded top. The neck opening is a relatively small, vertical slit (Figure 2).

Decoration and Ornamentation

Each amauti has a special story to tell. One's locality tends to dictate the cut and style of the amauti but not its ornamentation. It is in the ornamentation that individuality can be dis-

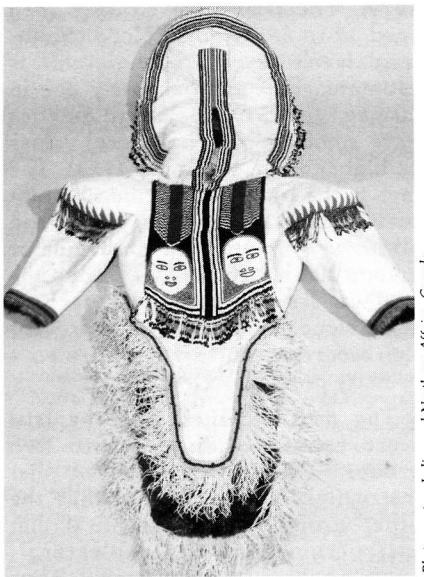


Figure 2. Beaded caribou skin amauti — fur side in, Baker Lake, Northwest Territories.

played. On the traditional amauti, decoration was created primarily by contrasting light with dark fur; alternating bands were used around the sleeves, to make decorative breast panels, and to accentuate hemlines.

The fringes on the hemline, although decorative, had a practical value (Boas, 1901). By interlacing the fringe on the inner and outer garments, cold air was prevented from ascending between the two layers to cause frost buildup. The trapped layer of air acted as an insulator. The fringe also prevented the edges of the garment from curling.

Dangling ornaments included needle cases and amulets. They were used to enhance a person's skill or offer protection against physical harm. Initially, small carved ivory pieces were used. The arrival of the early whalers with western trade items brought a myriad of articles which were adapted by the Inuit for amauti decoration (Eber, 1973). Coins, lead shot, spoons, and even metal tags were popular. Perhaps the most prized item introduced to the Canadian Arctic was the tiny seed bead.

By the early 1900s whalers made annual visits to South Baffin and the west coast of Hudson Bay, thus increasing the availability of beads (Winnipeg Art Gallery, 1980). Consequently, beaded areas on the amauti grew larger and more intricate. The placement of the beadwork was uniform to a given locale, however, the design motifs were highly individualistic. In the South Baffin, beads dangled in a fringe hanging from the shoulders to create simple horizontal bands of color. In the Central Arctic, breast panels were the most heavily beaded areas (Figure 2). Often these panels were removable and worn only for special occasions.

Evolution and Styles Today

Inuit sewers were always looking for new design ideas. Incorporating design features in one's amauti from a neighboring, or better still, a far distant community was a sign of prestige and an indication that one was well travelled. As a consequence, the amauti was always changing and evolving.

The most dramatic influence on amauti construction and design was from the *qallunaaq* (white person or



Figure 3. Caribou angijurtauq — fur side out, Baffin Island, 1926.

European) culture and the trade items they brought to the North. The whalers brought not only beads to the South Baffin and the Hudson Bay areas but also the impetus for a dress style of amauti known as the *angijurtauq* (Winnipeg Art Gallery, 1980). Its even hemline closely resembled a Western woman's dress — the kiniq and akuk were melded into one (Figure 3).

With the increase in trade, yard goods and fabrics began to replace the skins used for construction. In the Coppermine area, women used printed calico to create the *kaliku* (a Mother Hubbard parka) (Winnipeg Art Gallery, 1980). The amauti with the distinctive short waisted front and the long tail was transformed into an ankle length dress-like parka with a calico cover. The hood was made to fit snugly and the amaut was reduced to a tiny pouch at the base of the hood. This style is popular today — especially with young girls.

Even though amautii are no longer made from skins, they continue to be made in two distinct layers. Blanket cloth or wool duffle is used for the inner layer with a windproof fabric for the outer layer. The classic color is

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Coronary Heart Disease Prevention

Results of the Lipid Research Clinics Trial

Nina J.H. Mercer

Abstract

This article describes the Lipid Research Clinics Coronary Primary Prevention Trial (LRC-CPPT) which examined the efficacy of cholesterol lowering in reducing risk of coronary heart disease (CHD) in 3806 middle-aged men. At the time they entered the study, the men had no history of heart disease but all were considered at high risk for CHD because of elevated plasma cholesterol levels. Intervention consisted of using a cholesterol-lowering drug, cholestyramine, with the treatment group and a placebo with the control group. Both groups followed a moderate cholesterol-lowering diet. At the end of the trial, the cholestyramine-treated group experienced a 19% lower incidence of CHD than was accompanied by a fall in plasma total cholesterol. The trial provides evidence that reducing plasma cholesterol levels in a high-risk male population lowers the incidence of CHD.

Résumé

Cet article décrit l'épreuve de prévention de maladie coronaire effectuée par le Lipid Research Clinic qui a examiné l'efficacité de réduire le risque de maladie de cœur coronaire en réduisant le cholestérol dans un groupe de 3806 hommes de plus de 40 ans. Au moment de leur participation à l'étude, les hommes n'avaient pas eu de maladie de cœur, mais tous courraient des risques de la maladie à cause d'un niveau élevé de cholestérol dans le plasma. L'intervention consistait à employer une drogue qui réduit le cholestérol, la cholestyramine, avec les groupes de traitement et un placebo avec le groupe témoin. Les deux groupes ont suivi un régime modéré qui réduisait le cholestérol. A la fin de l'épreuve le groupe traité avec la cholestyramine a subi une incidence réduite de 19% de maladie de cœur coronaire, ceci a été accompagné d'une baisse en cholestérol de plasma total. L'épreuve fournit les preuves que réduire les niveaux de cholestérol de plasma dans une population mâle à grand risque réduit l'incidence de maladie de cœur coronaire.

Nina J.H. Mercer is an assistant professor of applied human nutrition in the Department of Family Studies, University of Guelph. She holds a BS from the University of Nebraska, an MS from Cornell University, and a PhD from the University of Guelph.

Recently the Lipid Research Clinics (LRC) of North America released the results of a long-term clinical trial that represents more than 10 years of work (LRC-CPPT Program I and II, 1984a and 1984b). Data from this trial includes male Canadian volunteers as well as male volunteers from the United States. The Toronto-McMaster LRC participated in the data collection along with 11 U.S. centres. The intention of the organizers was to address the role of blood cholesterol in the development of heart disease.

Rationale

As with high blood pressure and cigarette smoking, high blood cholesterol has been associated with a higher incidence of cardiovascular disease (CVD), particularly coronary heart disease (CHD) (Stamler, 1979). However, whether or not cholesterol-lowering would result in a reduction of CHD has been an open question which, despite considerable evidence of a suggestive nature, has not been, up to this point, conclusively answered.

The underlying process that leads to CHD is a fatty infiltration of the coronary arteries which results in the development of plaque and consequently, atherosclerosis. The development of CHD involves a silent or asymptomatic phase lasting several decades in which the plaque gradually develops within the coronary artery wall and a subsequent symptomatic phase during which angina, heart attack, or death ensues.

Although much can be achieved by treating the symptomatic phase, there are limits to what can be done at this time, especially since most people who have heart attacks are outside of hospital and medical care is not available. This has led to attempts to prevent CHD by intervening during the earlier asymptomatic phase. One such attempt has been to identify individuals who are at high risk for developing CHD by identifying the presence of so-called risk factors. A major risk factor is the level of blood (plasma or serum) cholesterol. Large population

studies, such as the Framingham Study (Kannel, Castelli, Gordon, & McNamara, 1971) have shown that the higher the level of blood cholesterol or its main component, low density lipoprotein cholesterol (LDL-cholesterol), the greater the risk of developing CHD. It is possible to reduce blood cholesterol substantially by appropriate diet and drugs, but the question remains: Does this lowering of plasma cholesterol reduce the risk of CHD? The LRC-CPPT was conducted to answer this question.

Design of the Trial

Essential features of a cholesterol-lowering trial include randomization of participants into control and treatment groups, the use of a double-blind design, large numbers of participants (totals in thousands), and years of follow-up. Adherence to the study regimen over a long period of time is also necessary. The LRC-CPPT represents an approach to testing the cholesterol hypothesis which allows for a smaller number of participants, thereby keeping the study population at more feasible numbers. The LRC-CPPT used a potent cholesterol-lowering drug, cholestyramine, which allowed for a double-blind design (LRC Program, 1979). The trial involved 3806 men aged 35 to 59 who had blood cholesterol levels above 265 mg/dL. It is estimated that approximately one in 20 men aged 35 to 59 in North America have similar blood cholesterol values or higher (LRC Program, 1983). The men in the study had no clinical symptoms of CHD at entry, that is, they had no history or symptoms of angina or myocardial infarction (MI). Thus the trial was designed to determine if lowering blood cholesterol would prevent the occurrence of a first MI (i.e., a primary prevention trial).

The men recruited into the trial were randomly divided into two groups. One group received diet instructions and a placebo while the other group received identical diet instructions and the cholesterol-lowering drug, cholestyramine. Thus the only difference between the two

treatment groups was the use of the cholestyramine. The study was double-blind in that neither the participant who was taking the drug nor the staff members, who were providing treatment, were aware of which treatment the participant was receiving. In addition, the physicians who evaluated the possible occurrence of new heart disease were unaware of the treatment assignment. Only the staff of the statistical co-ordinating centre and the members of the Safety and Data Monitoring Board could identify the treatment assignment.

Recruitment for the trial began in 1973 and ended in 1976. Follow-up of men in the trial ended September 1983; thus, each man was followed for a minimum of 7 years and the first men to enter into the study were followed for almost 10 years.

The drug, cholestyramine, which was used in this trial, was chosen for the following reasons. It substantially lowers cholesterol by reducing the LDL-cholesterol fraction (Friedewald & Halperin, 1972). The drug is not absorbed and acts in the intestinal tract, primarily by binding bile acids. Finally, a suitable placebo is available. Each man was asked to take 24 grams of cholestyramine or placebo per day. The drug was provided in packets, in powder form, which was mixed with a liquid, usually water or orange juice, and then consumed.

At the time the trial was designed, it was expected that the dietary instructions that were provided for each group would lower cholesterol by 4%. In addition, the cholestyramine was expected to lower cholesterol by an additional 24% for a total reduction of 28% in the cholestyramine group.

The primary endpoint of the study was a non-fatal heart attack or death due to CHD. The study was thus designed to determine if the men in the cholestyramine group, by having their cholesterol lowered, would have fewer deaths due to CHD or MI than those in the placebo group. In addition to this primary endpoint, other related endpoints were monitored closely.

Results

Cholesterol lowering. The trial was able to demonstrate a reduction in both total and LDL-cholesterol in the two treatment groups during the study. Both groups began the study with comparable average baseline total

cholesterol (292 mg/dL) and LDL-cholesterol (219 mg/dL) levels. Between the initial baseline level and time zero, when both groups were on diet only, a 3.5% fall in total cholesterol and a 4% decrease in LDL-cholesterol occurred in both groups. In year 1, with the introduction of drug therapy, an additional fall of 14% in total cholesterol and 21% in LDL-cholesterol was observed in the cholestyramine group. The cholesterol differences between the two groups became highly significant in year 1 and remained significantly different at the end of 7 years. During the study, the overall cholesterol reduction in the cholestyramine group was 13.4% for total cholesterol and 20.3% for LDL-cholesterol. The average difference between the cholestyramine and placebo group was 8.5% in total cholesterol and 12.6% in LDL-cholesterol.

The differences in cholesterol levels during the trial were statistically significant but were less than predicted. This could be attributed to several factors, but the major cause was less than optimum adherence to drug therapy. Out of a total of six packets of medication a day that were prescribed by the end of year 7, the placebo group had a mean daily packet count of 4.8, and the cholestyramine group 4.1. Twenty-seven percent of the participants were consuming no drug. In the cholestyramine group only, a clear dose-response relationship was seen between the amount of medication and the reduction in total and LDL-cholesterol. Those individuals who averaged greater than five packets of cholestyramine per day had an average fall in total cholesterol of 18% and LDL-cholesterol of 26%.

Primary end point. Even with the somewhat modest differences in cholesterol levels, there was a significant difference in the primary end point of the study — the number of definite CHD deaths and/or non-fatal heart attacks. The placebo group experienced 187 definite CHD deaths and/or non-fatal heart attacks, whereas the cholestyramine group experienced only 155 such definite events, resulting in a significant 19% reduction in risk. This reflected a 24% reduction in definite CHD death and a 19% reduction in definite non-fatal heart attack.

Although the incidence of definite and of suspect CHD deaths was reduced by 24% and 30% respectively

in the cholestyramine group, the incidence of all-cause mortality was reduced by only 7%. In almost every category under causes other than CHD deaths, the difference between the two groups was negligible.

In the cholestyramine group, both the fall in cholesterol level and the drop in CHD risk were clearly related to the dose of the drug taken by the individual. In the subgroup with the lowest cholestyramine packet count (between zero to two packets per day), there was a decrease in cholesterol levels of only 4.4% and a decrease in CHD risk of less than 11%, whereas with the highest packet count (five to six per day), there was a decrease of 19% in total cholesterol levels and a reduction in CHD risk of almost 40%.

Summary and Interpretation

Cholesterol-lowering in the LRC-CPPT significantly reduced the incidence of the primary end point of fatal and non-fatal heart attacks by an average of 19%. Corresponding reductions were also seen for other important CHD end points such as angina and in the number of participants who progressed to coronary bypass surgery. A further important finding was that the reduction in the incidence of CHD was related to the degree of cholesterol-lowering obtained (i.e., the greater the reduction in cholesterol, the greater the reduction in CHD) and that a 25% reduction in cholesterol was associated with a 50% decrease in coronary disease risk.

What are the implications of the LRC-CPPT? The primary interpretation would be to relate these findings to middle-aged men with levels of cholesterol similar to those required for entry into the study. The results apply directly only to the top 5% of the population at risk and to the use of bile acid sequestrant drugs such as cholestyramine. One is cautioned to avoid overinterpretation of the results. There are those who will extrapolate the positive findings of the trial to people with lower levels of total and LDL-cholesterol. Others will wish to infer that cholesterol-lowering diets will have similar beneficial effects. The trial was not a direct test of the diet hypothesis. The results of the trial clearly show that use of cholestyramine reduced the number of deaths due to CHD, but they do not prove that a cholesterol-lowering diet was beneficial as both groups of men fol-

lowed the same diet. However, the consistency of the results from other primary prevention trials including the Oslo heart study (Hjermann, Velve Byre, & Holme, 1981) and the World Health Organization clofibrate trial (Committee of Principal Investigators, 1978) suggests that at least for those individuals in the top quartile for plasma cholesterol, modifications in diet to provide a higher polyunsaturated:saturated fat ratio (from 0.4 to 0.8), and perhaps the administration of cholestyramine would be a justified practice. □

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School-Based Groups

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The Inuit Woman's Parka

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white because for many years it was the only color available. Canvas was then used as the outer fabric. Now the whole spectrum of colors are available and a rainbow of combinations can be seen in today's arctic communities.

In the South Baffin area where I live, we see two basic styles: the angijurtaujuq and the traditional tail style. The two styles differ only in the skirt and hemline areas. The hood, bodice, and sleeve are cut in an identical manner, a manner which is distinctive to this region. To echo the dark and light insets used on the caribou amauti, strips of decorative braid, bias tape, or rick-rack are used to trim the hemline and sleeves. Additional decorative

touches include the use of fur around the hood and colorful ties to secure the baby in the pouch.

Conclusion

For the home economist with an interest in historic and native costume or clothing construction techniques, the amauti is a fascinating garment. Historically the amauti was made from skins and sinew. It played a pivotal part in the female's identity by exemplifying her nurturing role. Today it has evolved into a garment that is typically made from store-bought fabric and sewn by machine. Nevertheless, the amauti continues to exist. In the words of George Swinton (1980) "... the Eskimo amautik — the woman's parka with its pouch for the baby and its characteristic hood — is a supreme example of combining the functional,

spiritual, and symbolic possibilities that a garment is ... capable of offering" (p. 24). Clearly, the amauti continues to survive because it identifies and symbolizes a woman while keeping both herself and her baby warm. □

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Eating Disorders

An experiment in the development of a preventative program

Vivian M. Bruce

Résumé

Cet article décrit un programme expérimental conçu pour l'identification et la prévention des désordres alimentaires. Il a été développé à l'Université du Manitoba par des professionnels des Services de la Santé des Étudiants, du Département de Nourriture et de Nutrition, et des services des Conseils aux Étudiants. Ces personnes ont partagé leurs idées et ont développé un réseau de renseignements qui a été nommé le Groupe des Désordres Alimentaires. Les activités du groupe sont une mise au point d'un programme pour développer une conscience de la santé dans la population étudiante comme un moyen d'empêcher les désordres alimentaires.

This article describes how health professionals at the University of Manitoba developed an educational and treatment program for eating disorders. The number of young people on university campuses with anorexia nervosa and bulimia are unknown; however, on some campuses, the numbers are estimated to be of epidemic proportions. Although there are not any official statistics for the number of cases of anorexia nervosa and bulimia at the University of Manitoba, the Student Health and Counselling Services are concerned about the effects of food habits on the maintenance of health and academic performance.

In the summer of 1983, these two units were encouraged to develop a program to treat students with anorexia nervosa and bulimia. The Eating Disorders Group was organized. It included a nurse and a physician from Student Health Services, several counsellors from Counselling Services, and a nutritionist from the Department of Foods and Nutrition. As the plans developed, representatives from the administration, student council of one of the residences, and the Food Services were added.

As an initial project, the Group became knowledgeable about the treatment programs provided by the Eating Disorders Clinic at the Health Sciences Centre in Winnipeg through an in-service program. It included a slide presentation on the impact of societal practices on eating disorders and observation of an actual treatment session for anorexia nervosa clients.

The Group developed two objectives: to plan a preventative program for all eating disorders (including obesity) that would be oriented to health maintenance; and to organize a treatment program. Since, the treatment program would be limited by available personnel, the primary objective became prevention, with a focus on the following issues associated with the development of eating disorders —

Vivian M. Bruce received a PhD in Nutritional Sciences from the University of Wisconsin-Madison. She is currently Associate Professor and Head, Foods and Nutrition at the University of Manitoba.

knowledge about nutrition and food, body image, stress and emotion, self-esteem, awareness, assertion, role models, and the influence of social and political issues related to women.

As resident students formed a homogenous group, the program was initiated in the student residences. The program which evolved took the form of a *Fitness Fair*. To avoid conflict with existing programs, the first week in November was selected as the best time to attract students. As response to messages on posters is poor, the students were advised personally about the program by residence counsellors. The Fitness Fair was organized for November 1983 in the residence. As it was considered important to involve each student in self-assessment activities, it was agreed to set up stations that would include education and self-evaluation activities. The physical fitness station, set up by the staff from the School of Physical Education provided an opportunity to assess body strength and composition. Blood pressure was measured and its meaning discussed at a station set up by Student Health Services. The nutrition station, organized by undergraduate students in Foods and Nutrition, involved preparing a 24-hour food recall record. Adequacy of nutrient intake was scored using *Canada's Food Guide*. The Manitoba Lung Association distributed information on maintaining lung function and assessed the vital capacity of each student. The alcohol education station, organized by one of the residence counsellors, consisted of an educational film that was shown continuously. Students did not spend as much time at this station as at other stations. Counselling Services made the students aware of programs available for stress management, self-improvement, and other remedial and educational services and provided an opportunity to do a mental health self-evaluation. While students moved from station to station, they sampled bran muffins and oatmeal cookies provided by Food Services.

The Fair was judged to be successful based on attendance and an increased awareness about fitness. Residence counsellors assessed the attendance to be similar to attendance at most residence functions and reported that fitness classes became more popular. At the same time that the Fair was organized, the food service manager and the nutritionist explored the possibility of introducing nutrition education into the Residence media. Plans were not completed because of budgetary and technical limitations.

Lack of professional staff time made a second Fitness Fair impossible. However, Counselling Services developed a treatment program for anorexia nervosa which has become an on-going program and includes all eating disorders. The major benefit from the program has been a better communication and referral system for students. The network established among the professional staff has improved the interaction between the various departments. □



From Tradition to Reality

The Role of the Thai Home Economist

Amornrat Chareonchai

A saying in Thailand reads "There is always fish in the water and rice in the paddy field," meaning that Thai people are never pressured to do much to make a living. In Thai making a living means "to find things to eat."

Rice, the Thai Staple

Rice is always available from the paddy; and local fish, fruit, and vegetables — which are termed 'with rice' — are readily available to be eaten with the rice. Although rice continues to be Thailand's main staple food, new technologies have had considerable influence on preparation and use of rice. No longer do farm daughters spend their evenings pounding the rice to remove the husk; but rather, housewives take the rice to a village mechanical mill. This action has introduced a series of concerns and changes in lifestyle: the elimination of manual rice pounding has done away with the traditional courting time; mechanically husked rice has a shorter shelf life; the large amount of husk and bran removed in the mechanical process results in a reduction of the original weight of the rice by half. As well, there is considerable loss of vitamins and minerals.

Electric rice cookers used in some homes greatly decrease the work load and result in greater retention of water soluble vitamins and minerals. However, the poorer families and those in remote communities where electricity is not yet available, are not benefitting from this technology.

Other major changes that have a bearing on the use of rice and other foodstuffs include the increasing use of processed foods containing preservatives and other additives, pesticides, and non-natural containers for storage of food.

Tradition and Lifestyle

Tradition continues to be important to the majority of Thai inhabitants. It is still very important to Thai couples to produce a male child in order that he might enter monkhood at age 20 to learn the teachings of Buddha, and to gain merit and a place in heaven for his parents. This desire for a male child has a great influence on family planning.

Amornrat Chareonchai holds the degrees BSc, cum laude, (Food Technology); MSc; and PhD (Foods and Nutrition); the latter being from Ohio State University. Her current position is Vice-Rector, Institute of Technology and Vocational Education (ITVE) in Bangkok, Thailand. Former professional experience includes a period as Dean of the Faculty of Home Economics, ITVE. She has served a term as President of the Thai Home Economics Association.

Buddhist monks have traditionally been attended to by the Thai women — breakfast prepared at an early hour, food neatly wrapped in banana leaves, and special offerings presented at various festivities during the year. This traditional role is changing as more and more women find work outside the home. Women also have more responsibility as they alone often manage the family income.

Thai communities are beginning to enjoy the various products of technological change. The traditional farm bicycle is being replaced by the motorcycle, ox-carts are giving way to power driven carts with various implications from community celebrations with loud speakers to traffic jams in the narrow rural roads. Portable radios, tape recorders, television sets and even videorecorders subject the Thai family to increasing influence through advertising.

Role of the Home Economist

Where does the Thai home economist fit into this changing lifestyle, and why should she be involved as a change agent?

Twenty years ago, home economics in Thailand consisted of elaborate handiworks — food carving, flower arranging, and embroidery. Today's home economists are concerned with the management of household resources and consumer education. They have an important role in leading the Thai consumer towards better decision making by promotion of nutritious foods such as brown rice, demonstrations of improved cooking methods, providing information related to preservatives and additives, and giving basic training in financial management. Today's home economist must be in a position to advise the consumer on appropriate food selection, and in so doing, be able to combat negative influences of advertising. Extension home economists must have the skills and training to assist rural women who are entering the work force to learn how to effectively cope with the new roles and responsibilities associated with their changing lifestyles. Home economists also have the opportunity and responsibility to play an active role in formulating government policy related to issues such as quality control.

The Thai Association of Home Economics attempts to keep its members well informed by producing a quarterly journal and by arranging timely seminars and workshops for home economists throughout the country so they may effectively play their role in guiding the transition from tradition to reality. □

Nutrition of Northern Native Canadians

Eleanor E. Wein

Abstract

This paper presents a historical perspective of some of the research in northern Indian and Inuit nutrition. Key concepts are identified which illustrate the uniquely different traditional diets of these peoples, such as protein as the major energy source, meat and fish as a source of vitamin C, and fat and organs of marine mammals and fish for vitamins A, D, and E. Nutritional concerns associated with the adoption of southern food habits are discussed in detail: low dietary intakes of vitamin C, vitamin D, and calcium; the appearance of anemia, dental caries, and other "diseases of civilization"; high alcohol consumption; and problems arising from bottle feeding and early introduction of solid foods to infants.

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Résumé

Cet essai présente un aperçu historique de certaines recherches sur l'alimentation chez les Inuit et les Indiens dans le nord. On identifie des concepts clefs qui illustrent l'alimentation unique et traditionnelle de ces peuples. Par exemple, la protéine constitue la source principale d'énergie; la viande et la poisson servent de sources de vitamine C; et les vitamines A, D et E sont fournies par la graisse et les organes des mammifères marins et des poissons. L'auteur traite aussi des problèmes nutritifs causés par l'adoption des pratiques alimentaires des gens du sud, tels que la baisse de la consommation de vitamine C, vitamine D et calcium; la manifestation de l'anémie, de la carie, et d'autres "maladies de civilisation"; la croissance de la consommation de l'alcool; et des problèmes provenant de l'allaitement artificiel et de l'introduction hâtive des aliments solides aux enfants.

Small communities of varying proportions of aboriginal peoples and recently settled people of European descent are scattered across the vast boreal forest and tundra of Canada's north. Social, political, and economic conditions are changing rapidly within these groups as resource exploitation is linked to native land claims and aspirations for self-government. Accompanying these changes are modifications in food habits with subsequent nutritional consequences.

The Indian, and particularly the Inuit diet present challenges to several nutritional concepts taught in the south. For instance, is *Canada's Food*

Guide an appropriate tool to judge these diets? How did these people survive on a diet comprised largely of meat and fish, but without milk or cereals? Nutrition textbooks seldom include discussions of northern nutrition or food customs, yet this is part of the cultural mosaic of not only Canada's north, but also of other circumpolar countries.

Resources available for teaching about northern native nutrition are varied in content, goals, and approach. They include pamphlets developed by Medical Services Branch, Health and Welfare Canada; films on social customs and lifestyles such as those produced by the National Film Board; general historical or present day descriptions of life in the north, volumes on foods (Ellis, 1979; Government of the NWT, 1976); descriptions of nutrition education programs in the North (Mackey & Boles, 1984; Schurman, 1982, 1983); and detailed research reports, and journal review and

research papers which have supported the production of the above documents. Although the present paper attempts to focus on the Canadian aborigines, there is likewise a range of resources dealing with Alaskan natives. The reader may wish to consult such resources as Jamison, Zegura, and Milan (1978) which synthesize the major research findings of the International Biological Program. In addition, the reader may consult detailed papers resulting from the Program which are published in scientific journals.

Historical Perspective

Research papers about the nutrition of northern natives of Canada have been produced from widely scattered locations. This is not surprising since the native populations of Indian and Inuit are scattered over two-thirds of the total land area of Canada. It is also understandable that the detailed research reports produced sporadically

Eleanor Wein is currently an associate professor at The University of New Brunswick. She completed a BHSc at The University of Guelph and an MS at Utah State University. Her interest in northern nutrition began with travel to the western Canadian Arctic and Alaska in 1970, followed more recently by travel to Churchill, Manitoba and Fort Smith, Northwest Territories.

over four decades are few, because until recently the number of researchers who have worked for extended periods of time in the north has been limited. To understand why each particular research study was conducted, one must look at the major historical events that provided the opportunity for researchers to visit the north.

It is well known that the Indian diet began to change several hundred years ago, when the fur traders introduced flour, oatmeal, lard, sugar, and tea. However, it was not until the 1940s that detailed health surveys were conducted. For instance, studies of the Cree Indians of James Bay provided evidence of deplorable living conditions, high rates of infectious disease, including tuberculosis, and many signs of classical vitamin and mineral deficiencies (Moore, Kruse, Tisdall, & Corrigan, 1946; Vivian et al., 1948). These studies coincided with the strong interest in northern defence during and following World War II. Studies also coincided with the dramatic decline in the beaver — an animal upon which these people depended heavily for food as well as for fur for trade purposes (Vivian et al., 1948). Northern communities which were in close economic contact with the south continued to suffer from inadequate diet and nutrition in the 1950s and 1960s. Metis children in northern Saskatchewan showed no clinically evident deficiency diseases, but did exhibit low levels of serum vitamin A, carotene, and vitamin C (Best & Gerrard, 1959). Not surprisingly, skin and throat infections were prevalent. Programs were initiated to provide a supplemental mid-day meal at school (Best & Gerrard, 1959; Best et al., 1961). The people of more remote settlements, such as Old Crow in the northern Yukon Territory, were unusually healthy at this time. Factors cited were strong social organization, stable income, suitable waste disposal, and a more varied diet (Hildes, Whaley, & Irving, 1959). A study by Desai and Lee (1974) also concluded that remote Indian communities enjoyed better nutritional status than Indian communities in the province of British Columbia.

It will be noted from the above that the nutritional status of the Inuit population was virtually ignored in these early studies. Inuit communities were remote from southern settlements and it was not easy for researchers to

study the strongly nomadic people. It was not until large oil reserves were discovered in northern Alaska in 1969 and the slightly later rush to find oil resources in the Mackenzie Delta of Canada that southern society was brought abruptly into unavoidable contact with the Inuit population. By this time, the science of human nutrition was well developed and the value of a nation-wide nutrition survey was realized. The Indian and Inuit population were included in the Nutrition Canada survey (1975a, 1975b). For the first time nutritional status was directly compared with that of other Canadians using uniform standards.

Traditional Diets

Adequacy. As long as the traditional foods were available in sufficient quantities, nutritional health was apparently good. The Indians relied upon mammals, birds, and fish, supplemented with small amounts of plant foods such as berries and roots. Living in a forested area, the Indians had a greater abundance and variety of animal and plant life to use than did the Inuit who lived on the tundra. The coastal Inuit relied primarily on marine mammals and fish, while inland Inuit relied on caribou and freshwater fish. Despite its limited variety, the native Inuit diet was capable of furnishing all the essential nutrients when prepared and consumed according to traditional customs (Draper, 1977).

Energy intake. The aboriginal diet of these nomadic people differed considerably from our modern southern diet in the proportions of the energy nutrients. The traditional diet was low in carbohydrate and high in protein. It varied in fat content depending upon the major meat source, and was considerably lower in fat than usually assumed because wild game meat such as caribou and moose is considerably leaner than domestic meat. For example, in the 1970s, Inuit in four Canadian settlements consumed one-third to one-half as much fat as did urban Americans (Schaefer, 1977). For coastal Inuit in Greenland and Alaska, it is estimated that 10 to 50% of energy came from fat (Bang, Dyerberg, & Hjorne, 1976).

The limited amount of carbohydrate in native diets came from berries, roots, and tubers collected in summer; the glycogen of liver and muscle; and the partly digested lichens, moss, and willow bud of the stomach contents of

caribou and other animals in winter. In addition, seaweed, gathered at low tide, provided some carbohydrate (Schaefer, 1977).

Since carbohydrate intake was low, the Inuit relied heavily upon protein as a source of amino acids from which to synthesize glucose to supply the requirements of the brain and nervous system. Since glucose cannot be synthesized from fatty acids, a high concentration of protein was therefore essential to meet the needs for both body protein synthesis and glucose synthesis. The high protein intake necessitated a high water intake to assist in renal clearance of the by-products of protein metabolism. Early medical observers reported large urine volumes and high water intakes among the Inuit (Draper, 1977, 1978a, 1978b).

To meet their other energy requirements, the Inuit relied heavily upon fatty acid metabolism. The fact that the fat of marine mammals is high in certain polyunsaturated fatty acids may explain in part the low serum cholesterol levels and lack of cardiovascular disease found among Inuit (Bang et al., 1976; Bang, Dyerberg, & Sinclair, 1980).

Vitamins. The limited amounts of vitamin C found in meat and fish (Farmer, Ho, & Neilson, 1971; Hoppner et al., 1978) were crucial in preventing scurvy among the Inuit, since other sources of this vitamin were scarce. For example, in 1979 the summer diet of three Inuit families living in a traditional seal hunting camp was found to provide 11 to 118 mg of vitamin C daily, with an estimated mean of 30 mg daily (Geraci & Smith, 1979). Seal liver, beluga whale muktuk, licorice root, and mountain sorrel, all in the raw state, were the richest sources of this vitamin. Since the latter two plant sources were only available during the short summer season, the smaller amounts contributed by other meat and fish were very important throughout the year. Consuming the meat and fish raw-frozen or only slightly warmed ensured that the limited amount of this nutrient was not lost. The Inuit apparently recognized the need to consume at least part of their meat and fish raw during the winter in order to avoid suffering from loose teeth and bleeding gums (typical signs of scurvy) in the spring (Schaefer & Steckle,

1980). In contrast, Indians enjoyed a greater abundance of berries and other plant food, some of which they dried for use in winter. Thus, Indians could afford to lose some of the limited vitamin C of meat and fish by cooking and smoking these foods.

Many B vitamins were amply provided in the generous proportion of muscle and organ meats and fish in the traditional diet. The fat soluble vitamins A and D were provided by the fat as well as the organs of marine mammals and fish. In subarctic areas, plant foods contributed some vitamin E, while in arctic areas, this vitamin came from the fat of marine mammals and fish. The polyunsaturated nature of the marine oils, however, increased the body's requirement for vitamin E. Nevertheless, the ratio of vitamin E to polyunsaturated fatty acids in the native diet appeared to be adequate to maintain normal vitamin E status (Wo & Draper, 1975).

Minerals. Iron was generously provided by the high meat diet. Seal meat, for instance, has six to ten times more iron than beef muscle, while seal liver has 15 to 20 times more iron than beef liver (Schaefer & Steckle, 1980). Calcium sources were limited. Chewing the spongy portion of bones, a custom practised particularly by pregnant and lactating women, was a means of obtaining this nutrient (Schaefer & Steckle, 1980). Vitamin D from the fat and liver of marine animals and fish enhanced absorption of the limited calcium. However, the high protein and high phosphorus content characteristic of a high meat diet, when combined with a low calcium intake, probably aggravated mineral loss from the bones in aging. Mazess and Mather (1974, 1975) reported that aging bone loss began earlier and was of greater intensity among the Inuit than among Americans of European descent.

Infant feeding. The traditional practice of breast-feeding provided important immunological and nutritional advantages. The greater resistance to infectious disease associated with this practice was, and still is, particularly important in the north, where overcrowded homes, lack of running water, and inadequate sewage disposal systems allow infectious diseases to spread rapidly. When the growing infant was no longer satisfied with breast milk alone, meat and fish were given along with continued

breast-feeding. The Inuit mother chewed the meat to an appropriate texture, then fed it directly from her mouth to the infant. It is interesting to note that this practice was discouraged by health professionals at the time when tuberculosis, introduced by Europeans, was rampant in the Inuit population (Spady, 1982). The infant was then given a soft carbohydrate rich food, such as oatmeal, instead of the traditional protein-rich food.

Prolonged breast-feeding, up to 3 to 4 years of age, was an important factor in keeping the traditional Inuit family small (Hildes & Schaefer, 1973; Schaefer, 1959, 1971b). Because lactation apparently suppresses ovulation, the children were spaced at approximately 3-year intervals (Hildes & Schaefer, 1973; Schaefer, 1959, 1971b), a situation which allowed adequate nourishment for each child before being displaced from the breast by a younger infant.

Transition to the Modern Diet

Substitution of imported foods for a large proportion of the traditional diet, without knowledge of the nutritional value of these new foods, has led to many nutrition related health problems. This transition appears more dramatic among the Inuit than the Indians, because it has occurred so rapidly and recently, i.e., within one or two generations, among the former. Now an abundance of foods of low nutrient density is consumed, such as sweet drinks, candy bars, sweet baked goods, potato chips, and other highly processed snack foods. Lacking knowledge of the limited nutrient value of these foods, people choose what tastes good and is easy to prepare. Sugar consumption has increased dramatically. For example, among the Inuit of Pangnirtung-Cumberland Sound, in only 8 years the sugar consumption increased fourfold (from 12 kilograms per capita in 1959 to 47 kilograms per capita in 1967). Dental caries are now widespread in contrast to the healthy teeth and gums of traditional times (Schaefer, 1971b, 1977; Schaefer & Steckle, 1980).

As imported high carbohydrate foods have displaced substantial portions of wild meat, anemia has become prevalent. Not only do these high carbohydrate foods provide much less iron, they also provide it in a form which is less readily absorbed. In addition, young Inuit now prefer caribou

to seal. Caribou, however, is not nearly as rich in iron as seal (Hoppner et al., 1978). Nutrition Canada (1975a) reported more severe iron deficits and anemia among Inuit than among the general Canadian population in spite of higher dietary intakes of iron. Other factors in the diet such as low intakes of vitamin C may be reducing the bioavailability of this iron. Iron status was likewise a concern for many segments of the Indian population (Nutrition Canada, 1975b). While many native people had low iron stores, the prevalence of anemia varied with the definition of this condition (Valberg, Birkett, Haist, Zamecnik, & Pelletier, 1979).

Indians living in remote areas, particularly adults, were at considerable risk of developing vitamin C deficiency (Nutrition Canada, 1975b). It was also suggested that mild scurvy could be endemic among the Inuit population (Nutrition Canada, 1975a). Low dietary intakes of vitamin D and calcium were prevalent in both ethnic groups, particularly among teenage girls and pregnant women (Nutrition Canada, 1975a, 1975b). Low intakes of vitamin A were prevalent among the Inuit (Nutrition Canada, 1975a). Hoffer, Ruedy, and Verdier (1981) compared nutritional status of three Cree bands living in a remote area of Quebec to that found by Nutrition Canada. While findings were generally consistent with that of Nutrition Canada, they found a higher prevalence of moderately low vitamin A values and distinctly low vitamin C values.

Associated with the abundance of refined carbohydrate and of fat characteristic of the modern diet has been the appearance of such "diseases of civilization" as obesity, atherosclerosis, gallbladder disease, and hypertension (Schaefer, 1971b, 1977; Schaefer & Steckle, 1980). Excessive intakes of energy and fat, coupled with insufficient energy expenditure contribute to such diseases as obesity, atherosclerosis, and gallbladder disease. High sodium intakes, characteristic of many snack foods and convenience foods, contribute to hypertension in genetically susceptible individuals. The incidence and severity of these diseases are greater in the more acculturated communities (Schaefer, Timmermans, Eaton, & Matthews, 1980).

Alcohol abuse is also common. For example, 40% of native men in Inuvik

had a history of alcoholism leading to serious physical, legal, or social consequences (Schaefer et al., 1980). It is well known that alcohol abuse can interfere with ingestion and utilization of nutrients. Parental alcohol consumption has led to child neglect, with adverse consequences on nutrition and health of infants in the Northwest Territories (Schaefer & Spady, 1982; Spady, 1982).

By the mid 1960s, bottle feeding had displaced breast-feeding as the prevalent method of infant feeding. Solid foods and sweet foods were both introduced early. Associated with this decline in breast-feeding was a dramatic increase in the incidence of infant diarrhea, respiratory infections, and middle ear disease (Hildes & Schaefer, 1973; Schaefer, 1971a; Schaefer et al., 1980; Schaefer & Spady, 1982). The protection against infectious disease provided by breast milk was also documented among Indian infants in two isolated northern Manitoba communities (Ellestad-Sayed, Coodin, Dilling, & Haworth, 1979). Since 1973, however, as a result of the prevalence of vigorous promotion by health professionals, breast-feeding has increased. Solid foods are now introduced later, and more native meat is used for infants. Unfortunately, sweet drinks are still commonly given to young infants (Schaefer & Spady, 1982).

Among Indian children in two isolated northern Manitoba communities, three cases of rickets were reported in 1978. As milk was not usually consumed after 1 to 2 years of age, 70% of the children had vitamin D intakes that were below those recommended (Dilling, Ellestad-Sayed, Coodin, & Haworth, 1978). Increasing consumption of vitamin D fortified foods such as milk through nutrition education was recommended (Ellestad-Sayed, Haworth, Coodin, & Dilling, 1981). It is well recognized that lactose intolerance is characteristic of many racial groups worldwide, and such intolerance may preclude the use of large volumes of milk in the diet. In these particular communities, however, the prevalence of lactose intolerance among Indian children was relatively low, and thus not considered serious enough to justify discontinuing the school milk program (Ellestad-Sayed, Levitt, & Bond, 1980). Rather these researchers recommended that the school milk program be made flexible enough to also meet the nutrient needs

of those individual children who cannot hydrolyze lactose.

In summary, the lifestyle and dietary habits of the northern native people have changed rapidly and drastically as a consequence of northern resource development. Although periodic food shortages have disappeared, new nutrition problems have emerged.

Future Directions

Although such problems have been identified, there are few detailed reports of nutritional status. Those available are from widely scattered segments of the native population. There is an urgent need for more complete nutrient composition data of traditional native foods, to facilitate more extensive and more accurate dietary studies. There is also a need to develop an efficient system of preservation and distribution of native foods. While many native people prefer such food, its availability at present depends almost entirely on local factors influencing animal populations and hunting conditions.

Nutrition education programs now in progress in some northern communities are designed to create awareness of nutrition concepts and to encourage appropriate use of both native and store-bought foods. Those programs which have trained local leaders and encouraged pride in the native heritage appear to be most successful. There is need for detailed assessment of changes in nutrition knowledge, food habits, and nutritional status of the target groups to determine more specifically the effect of such programs. Long term studies are needed to determine whether such programs result in long-term changes.

People are using new foods about which they have little knowledge or experience. The challenge to nutrition educators is to find appropriate means of assisting these people to use the new foods wisely, while encouraging continued use of traditional foods, as much as sound resource management permits. The challenge to researchers is to determine the extent to which such efforts have helped to improve the nutritional status of Canada's native people. □

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"Extending Research into the Community"

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You are invited to attend the annual conference to be held in Winnipeg, Manitoba, June 3-6, 1986, in conjunction with the Learned Societies of Canada. Speakers, panel discussions, and research presentations are planned, as well as local tours of interest to home economists.

For further information, please contact: Dr. Carol D.H. Harvey, Department of Family Studies, Faculty of Human Ecology, University of Manitoba, Winnipeg, MB R3T 2N2, Tel.: (204) 474-9432.

Research Section

Canadian Home Economic Journal

Editorial Panel

September 1984 - October 1985

Dianne Kieren, editor

Foods and Nutrition

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Evaluation

Doherty, Maryanne	Vaines, Eleanore
McDowell, Marilyn	

Research Poster Session Call for Papers

Submissions are invited to the Research Poster Session to be held during the CHEA Conference '86, July 10 - 13, 1986 in Charlottetown, P.E.I. These submissions should be 300 - 500 words in length, should emphasize findings, rather than methodology, and should highlight the implications of the research for home economics practice. To facilitate blind review, names and addresses of authors should be placed on a separate sheet of paper. Submissions should be sent to: Professor Estelle Reddin, c/o Dale Dewar, Link Tours, P.O. Box 984, Charlottetown, P.E.I. C1A 7M4. For further information, contact Estelle Reddin at the above address, or telephone Dale Dewar (902) 892-1027.

Exposition d'affiches sur la recherche Demande d'articles

Nous vous invitons à envoyer des propositions pour la séance d'affiches sur la recherche qui aura lieu pendant le congrès 1986 de l'ACEF, du 10 au 13 juillet, à Charlottetown (I.-P.-E.). Les articles soumis devront être de 300 à 500 mots et porter d'avantage sur les méthodes et mettre en évidence les implications de la recherche quant à son application en Economie Domestique. Afin de faciliter l'anonymat lors de l'examen, les noms et adresses des auteurs devront apparaître sur une feuille de papier séparée. Les soumissions doivent parvenir à Prof. Estelle Reddin, c/o Dale Dewar, Link Tours, P.O. Box 984, Charlottetown (I.-P.-E.) C1A 7M4 avant le 15 mars, 1986. Pour plus de renseignements veuillez contacter Estelle Reddin à l'adresse ci-haut mentionnée où appeler Dale Dewar (902) 892-1027.

Editors Appointed

Phyllis Johnson has accepted the position of Research Editor replacing Dr. Dianne Kieren. Dr. Johnson has been a faculty member in the School of Family and Nutritional Sciences at the University of British Columbia for 7 years. Her previous employment includes teaching at Southwestern College, a private college in Kansas, and financial counselling for those with debt problems.



After completing her BS and MS at Kansas State University, she received her PhD in Family Resource Management from Ohio State University in 1978. Her primary research interests are women and work with emphasis on management of work and family responsibilities, and financial management practices of ethnic groups. She recently completed a 4-year collaborative research study on Southeast Asian refugee adaptation. The panel study was funded by Multiculturalism Canada, Woodward Foundation of Vancouver, United Way, and Canada Health and Welfare.

Ruth E. Berry has accepted the position of associate editor. Dr. Berry is a Professor in the Department of Family Studies, Faculty of Human Ecology at the University of Manitoba. She holds a BHE from the University of British Columbia, an MS from the Pennsylvania State University, and a PhD from Purdue University.

Her research, writing, and teaching interests are in the area of family economic behavior and consumer affairs. A former president of the Consumers' Association of Canada (Manitoba), she continues her active involvement with CAC at the national, provincial, and local level. Ruth has held many positions within the Canadian Home Economics Association including two terms as Provincial Director.



The editorial committee of the *Canadian Home Economics Journal* welcomes Phyllis and Ruth to their positions and look forward to their involvement. □

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Book Reviews

from the Book Review Editor

It is time to pass on to another willing CHEA member the pleasant task of receiving new books and finding reviewers. Several interesting books are on hand and awaiting reviewers—these titles are brought to your attention. If any of the books listed below catch your interest, think of giving a book review a try. Please contact the new Book Review Editor (see notice at the end of this section). Reviewing a book can be fun—a chance to see a new book in your field—and, you get to keep the book.

In this issue, three cookbooks are reviewed. Such reviews have not been included in this section often, but these books deserved to be made known to you. Also in this issue some newly-published journals (within the past 8 years) of possible interest to home economists are listed along with brief descriptions of their contents. These journals were selected from the fields of Social Sciences and Humanities. If this listing is useful to you, similar listings for the fields of Education and Health Sciences could appear in a future issue of CHEJ if you indicate your thoughts on this to the editors.

A new review section has recently been included in the *Journal of Nutrition Education* entitled "The Popular Press." Its stated purpose is to "better acquaint nutrition educators with information being published in the popular press and to encourage editors to be more discriminating about information they print." McNutt and Sloan (Of flies and honey and vinegar. [1985]. *Journal of Nutrition Education*, 17(3), 105.) see another benefit of the column, "to stimulate individual SNE members to communicate directly with persons who publish nutrition articles...." For those considering writing a book review, these authors' thoughts may prove helpful. □

Elizabeth Barker

Light and Easy Choices by Kay Spicer. (1985). Toronto: Grosvenor House Press, 216 pages.

The subtitle of this compact, coil-bound cookbook tells it all—"food for fitness, nutrition and fun." Published in co-operation with the Canadian Diabetes Association (CDA) and the Juvenile Diabetes Foundation, the book includes recipes planned to fit into the Food Choice System of the CDA *Good Health Eating Guide* for those with diabetes. The 175 recipes, from appetizers to "foods on the go", are clearly displayed in both metric and Imperial measures. A few color photographs dividing the sections show how appetizing the healthy foods can appear. The book is obviously designed for young tastes and would be useful in high school home economics classes. It has broad appeal and would make a nice gift for a cook of any age.

Reviewed by:
Elizabeth Barker

The Amazing Legume (cook with lentils, dry beans, and dry peas) by Alice Jenner. (1984). Delmas, SK: The Saskatchewan Pulse Crop Grower's Association, 134 pages; coilbound \$10.45.

The unique nature of this all Canadian book is the number of recipes devoted to the lentil. In fact, up to now, it has been difficult to find tasty, appetizing recipes for the lentil all in one volume. Nine food sections are introduced with color photographs to illustrate many of the appealing recipes. Think of trying these—Agribition lentil soup, Blender bean dip, Lentil patties, Lentil salad, Lentil fritters, Lentil spice cookies, Lentil sprouts. Nutrition information, a dry legume glossary, and cooking tips complete this wonderful little cookbook.

Reviewed by:
Elizabeth Barker

Professional Baking by Wayne Gisslen. (1985). New York: John Wiley. 346 pages; hardcover \$28.95 (U.S.).

Professional Baking is for the serious amateur. It introduces a new method

of recipe formulation: the Baker's percentages, which allows a formula to be adapted easily to any yield. Both metric and U.S. weights are given in each of the 400 recipes. The purposes of particular ingredients are clearly explained, cautions regarding possible failures and remedies are listed. Questions at the end of each chapter provide students with extra insights. Intricate assembling or decorating procedures are well-illustrated, but are not numerous. *Professional Baking* covers all aspects of baking—a lot can be learned from this book.

Reviewed by:
Lois Hershfeldt
Baker, St. Amant Center
Winnipeg, Manitoba

New journals of interest

Canadian Journal of Community Mental Health *Revue Canadienne de Santé Mentale Communautaire*

Published twice yearly since 1981 by Canadian Periodical for Community Studies, the stated purpose of the Journal is to be a forum for Canadian scholars and practitioners with interest in promotion of positive mental health. The issue examined was 140 pages, containing nine articles, two in the French language. \$20/year. CJCMH, 1364 McTavish Rd., R.R. 2, Sidney, BC, V8L 3S1.

Canadian Woman Studies *Les Cahiers de la Femme*

Published quarterly by Inanna Publication and Education, this Journal has as its goal... "making current writing and research on a wide variety of feminist topics accessible to the largest possible community of women". The issue examined contained numerous (20) articles, some with photographs; poetry and fiction were also included. This 100-page bilingual Journal is widely available in bookstores. \$18/year. 204 Founders College, York University Project, 4700 Keele St., Downsview, ON, M3J 1P3.

Handwoven

Published by Interweave Press, five

times a year since 1979, this 100-page Journal would provide an exciting subscription for weavers and teachers. It is a colorful presentation with eight articles per issue, plus numerous colored photographs, on topics such as weaving apparel and home decorating fabrics and items, dyeing, and computer software. A 16-page insert of carefully-planned instructions for each item featured in the articles is included. Many advertisements for yarns, books, courses and exhibitions also appear. These add to the journal and to information available to the weaver. \$22/year (U.S.), 306 North Washington Ave, Loveland, CO 80537.

Another publication offered from the same publishers but not examined, is *Spin-off*. It is advertised as a quarterly with 60 pages on fibre topics. \$23/year (U.S.).

Nutrition Forum

This is a monthly newsletter, edited by Stephen Barrett, Chairman of the Board of Lehigh Valley Committee against Fraud and published by G.F. Stickley Company. Both editor Barrett and the publishers have produced a number of books about health and nutrition fraud. This type of publication might prove a useful way to keep informed of current health fraud issues. \$30/year (U.S.); 210 West Washington Square, Philadelphia, PA 19106.

Perception "a Canadian magazine of social comment"

This bilingual magazine is published by Canadian Council on Social Development five times a year. The 46-page issue examined contained articles, written mainly by free-lance writers, in the areas of unemployment, corporate tax benefits, and abortion: anti-abortion issues. There appears to be an attempt to publish comment on both sides of issues; as well, there is some editorial comment throughout. \$15/year; 55 Parkdale, Ottawa, ON, K1Y 4G1.

Topics in Clinical Nutrition

This new, quarterly publication, is slated to appear in January, 1986, and will be published by Aspen Systems Corporation. Whereas it is directed primarily at institutional health care providers, the proposed issue themes could prove interesting to health care educators in community agencies. The editorial board includes registered dietitians, many of whom are college

educators. \$46.50/year (U.S.); P.O. Box 6018, Gaithersburg, MD 20877.

Books on hand

Fashion Advertising and Promotion (6th ed.) by A.A. Winters and S. Goodman. (1984). New York: Fairchild Publications, 413 pages; hardcover.

Food Fundamentals (4th ed.) by M. McWilliams. (1985). New York: John Wiley, 600 pages; hardcover.

Labour Pains, Women's Work in Crisis by P. Armstrong. (1984). Toronto: The Women's Press, 273 pages; softcover.

Left-Handed Sewing by S. Cowan. (1984). New York: Van Nostrand Reinhold, 64 pages; softcover.

Of Women and Advertising by J.S. Stratton. (1984). Toronto: McClelland and Stewart, 174 pages; hardcover.

On Being Father. A Divorced Man Talks About Sharing the New Responsibilities of Parenthood by F. Ferrara. (1985). New York: Doubleday, 176 pages, softcover.

Personal Finance for Canadians (2nd ed.) by R.H. Brown. (1984). Scarborough: Prentice-Hall Canada, 400 pages; softcover.

Raising Good Children by T. Lickona. (1985). Toronto: Bantam Books, 446 pages; softcover.

Women of Influence, Canadian Women and Politics by P. Kome. (1985). Toronto: Doubleday Canada, 240 pages; hardcover.

You're Somebody: How to be a Slim Kid by L. Corby and P. Clark. (1985). Saskatoon: Fifth House, 116 pages; coilbound.

Au Travail

(Suite de la page 42)

prises avec de multiples problèmes. Elle mentionne le rôle important que peuvent jouer les économistes familiaux pour aider les familles à planifier leur budget. "Au Québec, dit-elle, les associations coopératives d'économie familiale (ACEF) offrent des services précieux dans ce domaine, mais elles sont à peu près les seules à le faire." Et les besoins sont grands...

"Mais, ajoute-t-elle, les éléments de ma formation qui me furent les plus utiles tout au long de ma carrière ont été exposés dans un séminaire donné par Doctor Marjorie East, à Pennsylvania State University, séminaire intitulé: Leadership in Home Economics." Ce séminaire exposait entre autre, comment introduire, appliquer et stabiliser le changement dans un milieu, et comment saisir toutes les opportunités "d'ouvrir des portes" à tous les paliers. Par sa spécialisation en éducation, elle acquit une compétence qui lui est précieuse dans le développement de programmes de formation et la planification par objectifs.

Comme séquestre officielle, Louise Bélanger-Mahoney occupe un champ de rayonnement qui englobe les débiteurs, les syndics, les avocats et le Régistraire de la Cour supérieure. Et comme femme occupant cette fonction, elle doit encore démontrer doublment ses capacités pour convaincre le milieu de sa compétence.

Louise affirme que sa formation d'économiste familiale est pour elle un atout dans son travail actuel, et un enrichissement pour ses collègues qui sont enquêteurs, comptables, administrateurs ou avocats. Elle souhaite que les économistes familiaux saisissent toutes les opportunités d'élargir leur champ d'action et de se diriger vers des domaines où ils pourraient apporter une contribution appréciable de par leur compétence, et elle cite entre autre le conditionnement physique vs la nutrition, le droit des affaires, les entreprises, les consultations matrimoniales.

Les perspectives de carrière qui s'offrent à elle l'achemine vers des postes administratifs. Pour l'instant, son défi majeur est de concilier sa vie familiale, comme épouse et maman de deux jeunes enfants, et sa vie professionnelle. Et comme le passé est souvent garant de l'avenir, Louise le relèvera sûrement avec beaucoup de succès. □

Abstracts of Current Literature

Family/Consumer Studies

The rhythmic structure of mother-infant interaction in term and preterm infants.

Lester, B.M., Hoffman, J., & Brazelton, T.B. (1985)
Child Development, 56, 15-27.

The purpose of this study was to quantify behavioral cycles during face-to-face interaction between 3- and 5-month-old term and preterm infants and their mothers. The authors hypothesized that the development of the infant-caregiver system in term and preterm infants differs because of differences in the temporal organization of mother-infant interaction. Twenty preterm and 20 term infants and their respective mothers were videotaped in a 3-minute episode. Both participants in each dyad were assigned a second-by-second score on their contribution to the interaction. Fifty to 75% of the subjects showed cycles of affective behavior from 45-second cycles to 10-second cycles. There was more variability in preterm than in term infants. Term infants showed significant increase in length of interaction from 3 to 5 months. Term dyads, more often than preterm dyads, led the interaction. The data show that temporal patterning is of primary importance in early face-to-face mother-infant interaction.

Childless elderly: what are they missing?

Rempel, J. (1985)
Journal of Marriage and the Family, 47(2), 343-348.

The purpose of this study was to review the case of advantages and life quality differences between childless and parent elderly Canadians. The sample was taken from the 1979 Social Change in Canada data base, resulting in a sample size of 338 non-institutionalized elderly. The subjects answered questions concerning their quality of life, questions about satisfaction which allowed an evaluation of life improvement, loneliness, and health, and questions about neighborhood involvement and home ownership. With the use of control variables, marital status, gender, age, and perceived social class, the results did not show the childless to be significantly advantaged, neither did they show an advantage to the parent elderly. Today's childless elderly are able to construct a quality of life parallel to that of the parent elderly.

Mature and teenage mothers' infant growth expectations and use of child development information sources.

Vukelich, C., & Kliman, D.S. (1985)
Family Relations, 34, 189-196.

Forty-five mature mothers and 19 single adolescent mothers were interviewed to determine their levels of information about child development, which factors influence their expectations for infant development, which

sources were used to obtain necessary information, and which factors influence the sources chosen by mature mothers. Both mature and adolescent mothers overestimated infant development with a significant difference in the scores. The education level of the mother significantly affected the mothers' knowledge of child development. The two groups of mothers used different sources for information. Higher levels of education and specific job training influence the sources of information chosen. Although all of the mothers had some inappropriate developmental expectations of infants, mature mothers had considerably more knowledge about child development.

Appeals to image and claims about quality: understanding the psychology of advertising.

Snyder, M., & DeBono, K.G. (1985)
Journal of Personality and Social Psychology, 49(3), 586-597.

This research was conducted to determine whether or not certain types of individuals would be influenced differently by advertising that stressed the image or the quality of the product. Three distinct studies were carried out using three separate groups of undergraduate students as subjects. In study 1, the subjects filled out questionnaire evaluating simulated advertisements. In study 2, the subjects were asked to determine how much they would pay for the advertised products. In study 3, a telephone interviewer presented either an image or a quality message to the subjects. The results show that there are two identifiable types of individuals, high and low self-monitoring, and two types of advertising strategies, image and quality. The results suggest that it may be possible to identify categories of individuals with specific attitudes and, thereby, lead to an understanding of the underpinnings of attitudes.

Supplementary listing of articles

Patterns of attachment in two- and three-year-olds in normal families and families with parental depression. Radke-Yarrow, M., Cummings, E.M., Kuczynski, L., & Chapman, M. (1985). *Child Development*, 56(4), 884-893.

Traditional and nontraditional mothers communication with their daughters and sons. Weitzman, N., Burns, B., & Friend, R. (1985). *Child Development*, 56(4), 894-898.

Problem areas in stepfamilies: cohesion, adaptability, and the stepfather-adolescent relationship. Pink, J.E., & Wampler, K.S. (1985). *Family Relations*, 34(3), 327-336.

Work family role strain among employed parents. Kelly, R.F., & Voydanoff, P. (1985). *Family Relations*, 34(3), 367-374.

Naturally occurring childbearing advice for fathers: utilization of the personal social network. Riley, D., & Cochran, M.M. (1985). *Journal of Marriage and the Family*, 47(2), 275-286.

Exchange patterns in the informal support networks of the elderly: the impact of reciprocity on morale. Stoller, E.P. (1985). *Journal of Marriage and the Family*, 47(2), 335-342.

Submitted by
Lenora Wiebe, BSHEc
MSc graduate student

Food/Nutrition

Comparison of eating patterns between dietetic and other college students.

Crockett, S.J., & Littrell, J.M. (1985)
Journal of Nutrition Education, 17, 47-50.

This study was designed to determine whether female college students majoring in dietetics have eating patterns that differ from female students in other majors. Such a study was undertaken due to the reported concerns of applicants interviewed for admission to an undergraduate program in dietetics about their eating patterns. The sample consisted of 119 female college students (40 dietetics, 40 home economics education, 39 social science/humanities) at a midwestern U.S. university. The developed and validated eating patterns questionnaire had three sections dealing with eating behaviors, eating attitudes, and background information with responses on a five-point continuum: "always", "often", "sometimes", "seldom", "never". Twenty percent of dietetic students reported vomiting after eating. This was significantly more frequent than that reported by home economics education majors. The percentage of each major that reported never vomiting after stuffing themselves was: 80% dietetics, 94.9% social science/humanities, and 97.5% home economics education. When all majors were combined, almost 75% of the students responded that they "sometimes", "often" or "always" go on eating binges; find that controlling their eating habits is a struggle; go on diets; go on eating sprees; worry about their eating habits; and feel that their eating patterns are in opposition to what they believe to be right, allowable or desirable. Sixty percent reported that they "sometimes", "often" or "always" eat to the point of stuffing themselves. When the "sometimes" and "often" responses were combined, 46% reported going on eating sprees during which they feel they have little or no control, 39% felt they were compulsive eaters, 37% sneak food, 31% let food control their lives, 26% felt their eating habits controlled their lives, 5% reported inducing vomiting after stuffing themselves, and 2.5% used laxatives or diuretics after overeating. These results confirm other findings about the frequency of compulsive eating and binge eating among college women. Since dietetic majors did not differ from other majors in the amount of binging or compulsive eating, this may imply that nutrition training may cognitively but not behaviorally affect dietetic majors. This research suggests that educators become more aware of the prevalence of such eating patterns among students which could result in early advising, counselling or referral.

Bone density and milk consumption in childhood and adolescence.

Sandler, R.B., Slemenda, C.W., LaPorte, R.E., Cauley, J.A., Schramm, M.M., Baresi, M.L., & Kriska, A.M. (1985)
American Journal of Clinical Nutrition, 42, 270-274.

In a study to assess the possible association between postmenopausal bone density and milk consumption prior to adulthood, 255 postmenopausal Caucasian women (mean age 57 years; range 49-66 years) provided 3-day estimated dietary records to facilitate the estimation of their current calcium intakes. Past calcium intakes were assessed retrospectively from responses to questions con-

cerning frequency of milk consumption throughout life. Bone density was assessed with a CT scanner in the dominant radius at a specified distance between the wrist and the elbow. Current mean calcium intake was 720 mg/day with 70% of the intakes below 800 mg/day, the current recommended intake for women of this age group. Only 6% of the women reported drinking milk with every meal in mid-adulthood. Women who reported drinking milk with every meal during childhood and adolescence had significantly higher bone densities than women who reported drinking milk less frequently. These results were unaltered after controlling for obesity, height, and weight. When those who reported consuming milk with every meal until the age of 35 were compared with women who reported rarely consuming milk throughout the same time period, these results were magnified. Consumers of milk with every meal had significantly higher bone densities. The skeletal mass at menopause is a function of the Peak Skeletal Mass (PSM) less the bone mass lost via Adult Bone Loss (ABL). This study indicates that milk consumption during the early years of life may result in a greater bone density years after onset of menopause. This result may occur through an augmentation of the PSM and development of good nutritional habits which may influence the degree of ABL. The findings of this study suggest that milk consumption during childhood/adolescence may not be needed solely for growth and development but also to assure an optimum PSM which, in turn, results in greater bone density in the face of ABL. The benefit of earlier nutritional intervention is stressed as a possible route to ensuring the future skeletal integrity of the older adult and thus, act as a preventive measure in the development of osteoporosis.

Effects of microwave cooking/reheating on nutrients and food systems: A review of recent studies.

Hoffman, C.J., & Zabek, M.E. (1985)
Journal of the American Dietetic Association, 85, 922-926.

This article addresses the effect of microwave cooking/reheating upon the nutritive value of foods and the physical and chemical structure of food systems. The development of variable power features in microwave ovens has allowed the use of low power to control the rate of heating and thus, aid nutrient retention. Studies have shown equal or better retention of nutrients for microwave reheating, when compared with conventional and convection reheating of foods for thiamin, riboflavin, niacin, pyridoxine, folacin, and ascorbic acid. Preparation of a less tender cut of beef by low power in the microwave yielded a product comparable in sensory quality to that obtained by conventional roasting. It has been found that thawing by microwave energy promoted both better retention of water and substances dissolved in the cells, and preservation of color in fruits when compared with conventional thawing methods. Another study indicated that strawberries thawed in a consumer microwave oven at the defrost setting, resulted in a significantly greater retention of ascorbic acid. Bacon cooked in the microwave oven has shown lower levels of nitrosamines than conventionally cooked bacon because of the shorter heating time. With improved microwave oven technology and electronically controlled pulsating microwave energy, a more uniform temperature profile

can be maintained. The prospects for improved nutrient retention and enhanced sensory quality characteristics of foods prepared with a microwave oven can be expected.

The Vancouver School Board Nutrition Policy: Progress to date.

Eisler, C.M., Walsh, M.T., & Favaro, E. (1985). *Journal of the Canadian Dietetic Association*, 46, 64-66.

In 1982, the Vancouver School Board adopted a School Nutrition Policy which included recommendations for implementation in elementary, junior high, and secondary schools. The progress of this policy was reviewed 2 years after adoption. Tools for implementation were developed for distribution to all school principals and parents. The official guideline for recommendations regarding foods available in the school setting was originally based on categorizing foods into "green", "amber", or "red" lists, depending on the nutritional value, cariogenicity, and level of fat and salt in the food. These have been replaced by food lists based on the index of nutritional quality (INQ), which is a more objective method of food classification. Cafeterias have replaced the white flour in most recipes with whole wheat flour and whole wheat rolls are served on hot dog days. Schools have agreed to replace carbonated beverages with fruit juices. However, difficulty has been encountered in the total removal of "red" commercially packaged foods. Many schools are now selling assorted nuts and seeds for the purpose of fund raising in place of the previously popular chocolate bars. Schools have made a major switch to providing more nutritionally acceptable foods on sports days and at celebrations. All cafeterias have provided a separate express lane to dispense milk, juice, fresh fruit, and other easily handled nutritious items. A recent pilot project has been the introduction of salad and sandwich bars in cafeterias. The original recommendation that deep-fried foods be sold once a week has been changed to allow french fries three times a week provided they are served with carrot sticks on the same plate. A school milk program and snack program have been introduced. To ensure that nutrition principles and teaching methods are accurate, the Vancouver School Board, in conjunction with the Vancouver Health Department, has negotiated four inservice education sessions for each school year. Nutrition resources and teaching materials are being built into the physical education and health curricula. Many positive changes have occurred as a result of the adoption of the nutrition policy. Resource packages will be sent to all principals every September to keep them informed and to ensure continued implementation of the policy.

Effect of long-term group support on weight-loss maintenance.

Visocan, B.J., Dworkin, M.F., & Klein, L.W. (1985). *Journal of Nutrition Education*, 17, 3-5.

This study to determine the effect of long-term, professionally led support group participation on continued weight loss and weight maintenance, involved 21 male subjects (mean age 57.3 years; range 43-70 years) who were at

least 20% above their ideal body weight. Ten 2-hour weekly training sessions were conducted covering three major areas: calorie restriction with nutrition information, increased activity, and behavior therapy with cognitive modification techniques. At each session weight was recorded, dietary records evaluated, and group discussions were led. At the completion of the 10-week training session, subjects were given the option of remaining in the support group until they reached their goal weight. Ten subjects continued in the support group for 1 year (Group 1) and 11 subjects participated in the support group for an average of 3 months after the training session (Group 2). No significant differences were found between the two groups in terms of age, initial weight above ideal body weight, or weight lost by the end of the training sessions. Comparison of weight-losses at a 1-year follow-up indicated that Group 1 subjects had further lost a mean 3.35 ± 5.92 pounds, while Group 2 subjects had gained a mean 9.14 ± 13.52 pounds. The positive results are attributed to the use of a therapist-led support group during and after training since the success rates of popular self-help organizations are less than that found with this study. While promising, the authors suggest that before extending these findings to the general population, a study including both the random assignment of subjects to Group 1 and Group 2 and a control be undertaken.

Supplementary listing of articles

Dietary calcium and phosphorous intakes of a sample of Canadian postmenopausal women consuming self-selected diets. O'Connor, D., Gibson, R.S., & Martinez, O.B. (1985). *Journal of the Canadian Dietetic Association*, 46, 45-49.

Does laxative abuse control body weight? A comparative study of purging and vomiting bulimics. Lacey, J.H., & Gibson, E. (1985). *Human Nutrition: Applied Nutrition*, 39A, 36-42.

Dietary fibre intakes of individuals with different eating patterns. Davies, G.J., Crowder, M., & Dickerson, J.W.T. (1985). *Human Nutrition: Applied Nutrition*, 39A, 139-148.

Microwave ovens: Effects on food quality and safety. Matthews, M.E. (1985). *Journal of the American Dietetic Association*, 85, 919-921.

Nutrition labelling: Results of a survey of Canadian Dietetic Association members. Barr, S.J. (1985). *Journal of the Canadian Dietetic Association*, 46, 33-39.

Submitted by
Laurie A. Wadsworth, BSHEc
MSc graduate student

Textiles/Clothing

Effects of appropriate and inappropriate attire on attributions of personal dispositions.

Workman, J. (1985). *Clothing and Textiles Research Journal*, 3(1), 20-23.

This study was conducted to test the hypothesis that an inappropriately dressed interviewee would receive more extreme and more confident trait ratings than an appropriately dressed interviewee. Four groups of 15 undergraduate females were asked to view four different videotapes

(one tape per group), and then to rate the interviewee on the tape with regard to 18 personality traits and indicate the interviewee's degree of confidence in each rating. Results show that subjects did not differentiate between the appropriately and inappropriately dressed interviewee with regard to extremity of trait ratings, but they did give reasons as to why the interviewee may have been inappropriately dressed. Lack of interest, less confidence, and limited choice in deciding what to wear, were some reasons cited. The data suggests that perception of appropriateness of attire is an important element in the attribution process.

Textiles in artificial sports surfaces.

Cumberbirch, R.J.E., (1985)
Textiles, 14(1), 9-12.

Traditionally grass has been used as the playing surface for many types of outdoor sports but because it is expensive to establish and maintain, development of suitable artificial surfaces were required. There are three possible synthetic alternatives to the natural grass playing surface. The first, a pile fabric playing surface, is made from crimped ribbon-like fibres of nylon 66 that are knitted into a tough backing fabric made from polyester i.e. cord yarns and applied over a foam underpad. The second alternative is the use of a felt-like fabric playing surface. These surfaces have a dense felt-like top layer needle-punched into a heavy nonwoven base fabric and applied over various types of underlays, depending on the performance requirements of the sport. The third alternative combines the use of a natural grass turf over a synthetic web. When performance requirements are met, artificial playing surfaces have the potential to perform better than natural grass playing surfaces.

Effects on flame retardant cotton of laundering with bleach.

Johnson, A.C., & Eggestad, J. (1985)
Textile Research Journal, 55(1), 1-4.

The main purpose of this research was to study what influence chlorine bleach would have on the degree of flammability of flame retardant cotton when added during laundering or soaking cycles. Plain weave Pyrovatex CP-treated cotton was subjected to four different laundering and soaking/laundering methods using varying levels of chlorine bleach and the number of wash cycles. Data obtained by examining char length indicates that a low concentration of bleach used for a short period of time does not effect flammability after prolonged washings, while a high concentration of bleach used for a longer period of time results in a loss of flame retardancy after six wash cycles. Using scanning electron microscopy, no morphological changes were observed in any of the flame retardant fibres. The results indicate that the higher the concentration of bleach and the longer the bleaching period, the greater the reduction in flame retardancy.

Attire, physical appearance, and first impressions: more is less.

Lennon, S.J., & Miller, F.G. (1985)
Clothing and Textiles Research Journal, 3(1), 1-8.

The theory that the impact of a single physical appearance cue would be affected by the presence or absence of other such cues was tested. Following the procedure used

by Zanna and Hamilton, three separate experiments were conducted involving a total of 81 female undergraduates who viewed and rated 16 slides of stimulus persons, each of which varied in physical appearance. Subjects were asked to rate each slide using a seven-point Likert-type scale. A 2⁵ factorial design was used with repeated measurements on each factor. Analysis of data showed support for the hypothesis. It was found that the impact of a single cue increased in the presence of dissimilar cues. This finding implies that under certain circumstances, the influence of any one physical appearance cue on first impressions will be altered by the presence or absence of other such cues.

Supplementary listing of articles

How to remove stains. Corless, M.G. (1985). *Textiles*, 14(1), 13-16.

Physical testing of textiles. Taylor, H.M. (1985). *Textiles*, 14(1), 21-28.

A review of new products for the dyehouse and the lab. (1985). *Textile Chemists & Colorists*, 17(1), 35-42, 49-56.

Is the apparel industry the weak link in the soft goods chain? Harding, P. (1985). *Textile Chemists & Colorists*, 17(2), 13-15.

A fifth dynasty funerary dress in the Petrie Museum of Egyptian archaeology: its discovery and conservation. Hall, R., & Barnett, J. (1985). *Textile History*, 16(1), 5-22.

The properties, functions and uses of pressed wool felts. Mizell, L.R. (1985). *Wool Science Review*, 61, 3-35.

Submitted by
Heather M. Meiklejohn, BHEc
MSc graduate student

Submission Deadlines

The editors welcome submission of manuscripts to consider for publication in the *Canadian Home Economics Journal*. Further information and a copy of the author's guide may be obtained from the editor. Items intended for a specific issue should reach the Editorial Office by the following dates:

Issue	Deadlines	
	Articles	Reader Forum
Winter	September 15	November 1
Spring	December 15	February 1
Summer	March 1	April 1
Fall	June 15	August 1

Dates limites d'envoi des manuscrits

Les rédactrices en chef sollicitent des manuscrits susceptibles de paraître dans la *Revue canadienne d'économie familiale*. Prière de s'adresser à elles pour obtenir des renseignements et un exemplaire du Guide des auteurs. Les articles destinés à un numéro donné doivent être remis à la rédaction aux dates suivantes :

Numéro	Dates limites	
	Articles	"Reader Forum" (la tribune des lecteurs)
Hiver	15 septembre	1 ^{er} novembre
Printemps	15 décembre	1 ^{er} février
Été	1 ^{er} mars	1 ^{er} avril
Automne	15 juin	1 ^{er} août

New Developments

... In Trends

Microwaving Baby Foods and Formula

Scald injuries pose a serious hazard to infants because caregivers often use the microwave oven incorrectly when heating baby foods and formula. While warming baby food correctly in a microwave is indeed safe, operators must remember to treat the microwave oven just as they would any other appliance — with care and respect after reading the user's manual.

The important variables that contribute to the heating of infant formula or food in the microwave are the volume of formula or food; the speed with which the liquid temperature in the centre of the bottle or food rises; the difference between the surface temperature and the liquid internal or "core" temperature of the product; the size of the bottle; the initial temperature of the product to be heated; the bottle material; the microwave power; the length of heating time, and the presence or absence of the bottle cap during heating. The core contents of foods heated in a microwave often absorb more heat from the microwaves than do those on the surface. Thus, a bottle or bowl may only be lukewarm to the touch, but the internal temperature of the formula or food may be high enough to cause scalding.

To avoid burning, one important rule for using the microwave oven is always to stir and check the temperature of any baby food or formula before it is fed to the infant by tasting it yourself or testing it on your wrist. Remember, baby foods need only to be warmed, not heated.

When heating baby foods, it is best to transfer the portion needed to a microwave-safe bowl. The food should be heated on a low to medium setting for less than 45 seconds for a full jar of baby food, 25 to 30 seconds for half a jar. Before serving, the product must always be stirred and tested to see if the food is of the right temperature. Different foods take different times.

Formula in a reusable baby bottle should be heated only until it is lukewarm at a medium setting after the cap and nipple have been removed. Letting the bottle stand for a minute or two, then shaking the contents will ensure an even temperature throughout. Testing it on the wrist will confirm the correct temperature for feeding. If using disposable bottles check the bottle manufacturer's directions before heating in the microwave as some do not recommend microwave heating.

Source: Microwave scald injuries — A preventable hazard in infant feeding. (1985, Spring). *In-Touch*, a quarterly publication of the Infant Nutrition Institute, pp. 1-2.

Debit Cards Make Debut

Debit cards trials have been initiated in Swift Current, Saskatchewan. A few seconds after your grocery shopping is completed, the money is transferred from your bank to the grocery store. Unlike the credit card, the debit card

allows customers to deduct money directly from their account. Both banks and customers benefit from this system: the financial system does not have to worry about NSF cheques and the customer does not have to carry cash or remember to pay the charge-card bill. This extension of automated teller machines is yet another choice for consumers to make.

Source: Excerpts quoted from Estok, D. (1985, September 2). Point of sale debit cards make cautious debut. *Financial Times of Canada*, pp. 21-22.

Women Now Successful in Small Business

Women like Wilma Steward who made annual revenues of \$300,000 in her privately run day-care in Halifax or Gail Gabel (in her second company!) who offers market research and management consultation to engineering and scientific companies in Victoria are a growing force of women whose share of the entrepreneurial action only promises to increase.

"From 1964 to 1981 the proportion of businesses owned by women almost tripled while the total of new small business proprietors only increased by 50%."

"Women are trying to find work in a market where technology has eliminated many of their traditional jobs in clerical, assembly or service work. Many others are turning away from the still closed doors into senior executive offices."

"One private Canadian study found 47% of women — yet only 25% of men — made it through the tough first years of business ownership."

Source: Wyatt, E. (1985, July 22). Women a growing force in small business. *Financial Times of Canada*. p. 11

A Chartered Financial Planner

The major objective of the Canadian Institute of Financial Planning is to develop fundamental skills and enhance knowledge that will equip individuals to better recognize and analyze the financial needs of their clientele. There is a definite need today, more so in the future, for individuals who understand the financial services and products that are available and can design financial plans that satisfy their clients' objectives within their resources.

The program consists of six correspondence courses in areas of knowledge relevant to the would-be financial planner. Each course will consist of ten to 15 lessons, having a maximum of four written assignments to be completed and returned to The Institute for grading. Grades achieved for the assignments will form part of the final mark. The student may expect to spend from 2 to 4 hours for each lesson and 3 to 5 hours for each assignment. The time demands will vary depending on the individual's academic background and work experience.

The courses are: Personal Financial Planning, Financial Economics, Taxation, Financial Institutions, Business Law, and Advanced Financial Planning. The courses will be offered twice a year in the Fall (September 30) and in the Spring (April 30). Registrations will be accepted up to 3 weeks before the start of each semester. The duration of each course will be approximately 20 weeks at the end of which a final examination will be written. Upon successful completion of the six courses in the program, the Chartered Financial Planner (CFP) designation will be conferred by The Canadian Institute of Financial Planning. There are no eligibility qualifications. Experience and employment in the financial industry will be of greater value than any academic background.

For more information: Contact The Registrar, The Canadian Institute of Financial Planning, 70 Bond Street, Suite 405, Toronto, ON M5B 1X2. Telephone: (416) 865-1237.

dian Armed Forces who used the retort pouches for Individual Meal Packs (IMP). Retort pouches require less energy for transportation, packaging, storing and processing. They offer convenient, high-quality, quick-to-prepare meals to consumers.

Source: Agriculture Canada. (1985). *Food Communiqué*, 3, p. 2.

High School Classroom Teaching Aids

Proctor and Gamble have kits which can include a teacher's handbook, student work sheets, visuals for making overhead transparencies, wall charts, recipe sheets, and games. These teaching kits include the following: Personal Care, Learning about Laundering, Caring for a Home, Food Preparation (baking, frying and salads), Consumer Choice (consumer market system). All are available in French and English. The cost of the kits are between \$3.50 and \$10.00 and the contents of the kits are outlined in a catalogue available on request.

To order: Contact Proctor and Gamble Inc., Educational Services, P.O. Box 355, Station A, Toronto, ON M5W 1C5. Attention: Nancy Everell.

... In Products

Imitation Crab Sticks

A St. John's physician, Dr. Cosmos Ho, president of Terra Nova Fishery, a small Newfoundland company with big plans for its newest product, surimi says: "Surimi, a Japanese invention, is a bland processed fish paste that can be textured and flavoured to resemble more expensive seafood". With \$2 million in sales in 1984, the imitation crab sticks have already captured a large share of the Canadian market. Surimi, is made from small and otherwise unsaleable cod fillets which are deboned, using a process designed to remove blood and water soluble protein. "It is the absence of the enzyme present in the protein that neutralizes the fish taste and allows the frozen surimi to maintain its quality longer than frozen whole fish". The product's high protein, low cholesterol and reasonable cost are its strong selling points.

Source: Everett-Green, R. (1985, August 12), Cheap, adaptable surimi advances in seafood sector. *The Globe and Mail*, p. B7.

Shelf Stable Packaging

Like flexible aseptic packaging, the retort pouch is another example of new food technology that produces shelf stable foods. The retort pouch is made from a flexible laminate of polyester, aluminum foil and polypropylene. The pouch is filled with the food and the package is then sealed. Packages are heated and held under pressure until the food is sterilized. The end-product is sterile and shelf stable. Food can be prepared in minutes simply by boiling the pouch in water.

Swiss steak, beef stew and chicken à la king are just a few of the entrées available in the retort pouch. Because sterilization time is shortened, these foods maintain higher quality than canned foods. Canada boasts the first plant in North America designed exclusively for retort pouch processing. One of the plant's first customers was the Cana-

... In Ideas

Import Quotas Cost Consumers Millions

When Canadians buy imported products like Japanese cars, Indonesian shoes or shirts from Taiwan, they pay a high-priced "scarcity premium." The culprit is the quota system, says the October *Canadian Consumer*.

Quotas on clothing alone cost Canadians \$327 million a year and footwear quotas netted \$85 million in 1983. Costs are high partly because quotas artificially limit supply, says the monthly magazine. They also limit choice.

And while the quota system helps sustain some jobs, the annual cost of protecting one job in the clothing industry is \$24,000.

Source: News Release. (1985, September 18). Consumers' Association of Canada.

Report on Economy

The Macdonald commission's push for freer trade with the United States brought cautious consumer applause when it released its 2,000-page report in early September. However, "some of the most important things the \$20.6 million study said could be done to improve the economy do not involve the U.S. at all," said Robert Kerton, chair of CAC's national economic issues committee.

Another proposal that "makes great sense," said Kerton, is the phasing out of supply management marketing boards which control prices on dairy, poultry and other farm products. CAC agrees with the report that they should be replaced with income stabilization programs for farmers.

Another key area for CAC is reform of the regulatory system. Macdonald agrees with CAC that in some areas, such as environmental protection and product safety, more regulation may be needed, while in others consumers might benefit from less regulation. But he is also calling for a more open regulatory process, particularly in communications, transportation and broadcasting.

Source: Excerpts quoted from Macdonald report on economy brings cautious consumer applause. (1985, Fall). *The Watchdog*, p. 1.

La réclame radio diffusée

Le C.R.T.C. a lancé un appel aujourd'hui pour recevoir des commentaires du public sur la continuation de son rôle de réglementation concernant la publicité radiodiffusée de la réclame en faveur des spiritueux, de la bière, du vin et du cidre (Avis public CRTC 1985-209). . . .

La réclame en faveur de boissons alcooliques est réglementée depuis les tout débuts de la radiodiffusion. En janvier 1985, le Conseil a envisagé s'il devait maintenir son rôle réglementaire concernant la réclame sur les boissons alcooliques, mais il est revenu sur sa position à la demande expresse et unanime des régies provinciales et territoriales des alcools, du ministre de la Santé et du Bien-être social et des agences s'occupant d'alcoolisme et de toxicomanies. . . .

Récemment, une des lignes directrices qui interdit l'utilisation de personnalités connues pour la publicité sur la bière, le vin et le cidre, a fait les manchettes des médias. Cette interdiction se fonde sur la préoccupation que des personnalités connues puissent, selon le phénomène de l'identification, encourager la consommation en général des boissons alcooliques.

La Brasserie O'Keefe Limitée a demandé, pour fins de diffusion dans la province de Québec, l'approbation de plusieurs messages commerciaux qui présentent des personnalités sportives pour promouvoir la vente de l'une de ses marques. En se basant sur les règlements actuels, le Conseil a jugé que certains messages commerciaux très spécifiques constituaient clairement la réclame portant sur la préférence pour une marque et, comme tels, peuvent être diffusés. En attendant les résultats de cette consultation, tout autre message commercial soumis à l'approbation du Conseil sera évalué, cas par cas, en fonction des mêmes règlements.

Source: Communiqué. (1985, Septembre 10). Conseil de la radiodiffusion et des télécommunications canadiennes.

Association for Financial Counselling and Planning Education

As a result of a Financial Counselling and Planning Consortium held in Brigham Young University in October 1983, a new professional organization, Association for Financial Counselling and Planning Education, was formed. The association is committed to the advancement of personal finance education by meeting the needs of professional counsellors or planners, and the consumer. The next conference scheduled for October 1986 will be held in Chicago.

For more information: Contact Ruth Berry, Department of Family Studies, Faculty of Human Ecology, University of Manitoba, Winnipeg, MB, R3T 2N2. Telephone: (204) 474-9794.

... In Publications

Allergy Cookbook

Beryl Foray's, *Baking Without Gluten* has 42 pages of recipes and suggestions for people with celiac disease or an allergy towards wheat, rye, oats, and barley. The cookbook focusses on encouraging the cook to try combinations of "safe" flours in order to improve their baking qualities and to add interest to the wheatless diet. The recipes for muffins, quick breads, cakes, and other baked goods are designed to blend in with a typical Canadian lifestyle.

To obtain: Order from Beryl Foray, 2715 McCallum Ave., Regina, SK, S4S 0P8. Cost is \$5.00 plus \$0.85 postage.

Financial Relations Between Spouses

Louise Dulude's latest report, *Love, Marriage and Money, An Analysis of Financial Relations Between the Spouses* gives a general overview of all the provincial laws that regulate couples' property and earnings during the marriage, after divorce, and on death. This report asks: why married women are not entitled to as much power as their husbands over money that comes into their family through joint efforts; why divorced women are still denied a fair share of the assets; and why widows are denied pension protection for the work they did all their lives in their home. It reports on how each one of these barriers to women's equality can be overcome.

To order: Available free from The Canadian Advisory Council on the Status of Women, Box 1541, Station B, Ottawa, ON, K1P 5R5. Cette édition est aussi disponible en français.

Eating Habits of Quebec Adolescents

The survey report, *The Eating Habits of Adolescents and Young Adults in Quebec*, conducted in 114 secondary and collegiate institutions was designed to obtain the following information on a province-wide scale: the eating habits of Quebec youth; their food and nutrition knowledge; food and nutrition topics they would like to learn about, for example, menu planning; and their lifestyle characteristics that may influence eating patterns. When compared with Nutrition Canada Survey Results (1970-72) some salient statistics documented from this study include: a downward trend in milk consumption, upward trend in cheese consumption, whole grain cereals and breads rarely eaten, fruit consumption rose, and vegetable consumption decreased. This report published in May 1985, has valuable and pertinent information for Canadian health professionals working with young adults.

To order: Send a cheque for \$2.00 made payable to "Publication du Québec" Ministère de l'Agriculture, des Pêcheries et de l'Alimentation du Québec, C.P. 1693, Québec, PQ, G1K 7J8.

Women in Canada

Women in Canada: A Statistical Report documents the status of women in Canada since the 1970s. It focusses on the changes in their family status, education, health, labor force participation, income, and criminal victimization.

To order: \$25.00 in Canada; \$30.00 elsewhere (in Canadian funds) payable to Receiver General for Canada/Publications, Publication Sales and Services, Statistics Canada, Ottawa, ON, K1A 0T6. This publication is also available at your nearest Statistics Canada Regional Office. Egalemenet disponible en français.

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Film on Women and Computer Careers

Headstart: Meeting the Computer Challenge, encourages women to take a positive and aggressive approach to modern technology to ensure that they play a prominent role in the future of computers.

To obtain: Contact the National Film Board (NFB) of Canada, 150 Kent St., Ottawa, ON, K1A 0M9 or your nearest NFB office.

Canadian Research Institute for the Advancement of Women (CRIAW)

The CRIAW Papers comprise original research papers advancing the knowledge and understanding of women's experience. They serve to identify problematic situations in the lives of Canadian women, and facilitate the creation of ways and means by which answers can be found and action taken.

There are two new papers of interest to home economists. *Will Women Change Technology or Will Technology Change Women?* a bilingual publication written by Ursula Martius Franklin examines the ways in which technology might be changed by the presence of women, towards a path more consistent with feminist goals. Going beyond this and questioning whether women will themselves be changed by increased contact with technology, Franklin adds an important feminist voice to the debate on the impact of the new technology. *Principes d'une stratégie de recherche pour les femmes*, written by Margrit Eichler and translated by Agnès Bastin, is the basic tool for feminist research which was first presented to Status of Women Canada in 1981. In this revised and updated version, Eichler systemizes the various sexist biases in research and proposes concrete strategies to deal with them.

To order: Send cheque or money order payable to CRIAW/ICREF, 151 Slater Street, Suite 408, Ottawa, ON, K1P 5H3. Cost is \$3.50 (members) and \$5.00 (non-members) plus \$1.00 for postage and handling.

Of Interest to all Consumers

The August 1985 issue of the *Canadian Consumer* is a home economist's gold mine. Go to your public library and read this issue. There were three food-related articles beginning with one on soft margarine. "You can't rely on polyunsaturated claims to choose the best margarine but you can get all the vital facts in CAC's test of 41 margarines. Only three rate our approval but tasters preferred brands that weren't as good for their hearts". In the second article the butter versus margarine battle is analyzed. "Eat less of all fats. When you read the facts you'll want to spread less and exercise more". "Slash meat costs to the Bone" is the third article on food. "Eat the best cuts on a hamburger budget. Expert butcher Vern Lutner picks the winners and debunks some popular myths about value for money".

For the consumer home economist there are three articles. With reference to life insurance "Monica Townson gives you the basics you need including where and how to buy — if you need it at all". An article on "Sales Tactics Self Defense" says: "Don't let a high pressure salesperson spoil your shopping spree. Know the basic approaches and make your choice with less hassle". "Trimming Your Phone Bill" indicates that by being aware of the various choices you can reduce both local and long distance calls. For anyone trying to economize on either your budget or waistline this issue of *Canadian Consumer* is a must.

Source: *Canadian Consumer*, August, 1985.

On the Job

Profile of a Home Economist as a Real Estate Salesperson

Margaret E. Drew



Margaret Drew (L) and Barbara Floyd after sale of the Floyd home.

I approach my 25th year university reunion and I find myself doing some reflecting on campus days. In those long-ago (and yet not so long ago) days one didn't ponder seriously about careers in the far-off future — the biggest decision was which job offer to accept. How times have changed.

From a 3-year stint at secondary school teaching and some European travelling, I happily settled into my first love — extension work with the Ontario Ministry of Agriculture and Food. It was a long and happy association spanning 16 years and took me from direct involvement with 4-H'ers, volunteer leaders, Women's Institutes to Provincial Supervisor of 4-H Home Economics Clubs and county home economists.

A pleasant change in my personal life suggested a career change would be in order — sounded logical and easy. I was a bit shocked, a little crushed, and very confused to realize the job market in the 70's was not at all like the early 60's. It was probably similar to the reeducation that I now do with clients when they are ready to sell their home of 20 years and buy something new. A reentry into the marketplace for either a new career or a new home can be like a maze, without some guidance. After redoing my resume (it seemed like hundreds of times), attending courses (I was never really sure what color my parachute was), counselling sessions, writing cover letters, going to interviews, networking (my pin money was out of control with the 'let-me-buy-lunch' syndrome), I felt frustrated at being told in so many words — but all you've done is teach school and work

Margaret E. Drew graduated from Macdonald College, McGill University with a BSc(HEc). She is currently with Royal LePage Real Estate Services in Toronto.

for the government and furthermore you are a woman turned 40. By this time home economics was mentioned only briefly in both the resume and in interviews.

I suppose it was logical that a career in real estate should eventually come to the fore. It was actually some 9 months into the career change that this happened in casual conversation with a friend on a Friday afternoon. Monday I started a 6-week course in real estate to get my licence. At this point it was fun to go back to school and a great morale booster to get up in the morning and have a definite place to go (especially having done this for 20 years). The decision to begin work with a large company was easy. Five years later I am still with Royal LePage. They offer excellent training workshops, an extensive corporate referral system, and sophisticated marketing and advertising campaigns. Computer technology has caught up with the real estate industry and makes the job ever more challenging.

It seemed important to give you a bit of background that led to my decision to go into real estate. I've found that much of my previous work experience and education dovetails with my new career.

Extension education is a natural working with first time buyers and sellers. The people skills I've developed are basic in sales — communicating (by telephone, one-to-one, written word), enthusiasm, tact, empathy, sincerity, honesty, warmth, and perseverance. Other shared characteristics include: flexibility (especially regarding hours, often evenings and week-ends); adaptability (sudden change of schedule); professional approach (dress, dealing with the public); attitude to work (carry on until the job is finished);

networking, basic to home economics (definite advantage to identify myself as a home economist); organizing and time management skills.

The rewards and challenges of being a real estate agent are many. Probably the major adjustment for me concerned money. From a regular paycheque to commission sales means no money is made until a home is sold and the deal closed. There is an opportunity to make more money than in a salaried position and it is usually in direct proportion to the hours of work. Selling real estate demands a high degree of physical and mental energy. This is a constant challenge since sometimes meals and hours can be irregular. Selling can bring tremendous highs and lows emotionally. The key to success is to keep the emotional level fairly constant.

Product knowledge is vital in sales. Up-to-date information in the housing and consumer fields, interior decorating trends, house and apartment designs, interest and mortgage rates, financing packages, legislation affecting buying habits of the public, and the current business and economic climate are all necessary tools of the trade.

Even though there is an office to work from and a quota to meet you really must be a self-starter. You are working for yourself and you spend much of the time on your own.

Finally home economics as a name has come alive for me as never before. I feel like I'm on the front line. It's a rather heady feeling to guide people through the consumer maze in buying or selling a home. It's the single largest and most important investment decision most people ever make. It's exciting to share this important milestone with your clients. A constant rewarding challenge, this 'home economics'. □

Au Travail

Profil professionnel de Louise Bélanger-Mahoney

Marie Barrette

“Je constate le quorum à cette première assemblée des créanciers dans l'affaire de la faillite de la compagnie XYZ. Mon nom est Louise Bélanger-Mahoney et j'agis ici comme séquestre officielle”. C'est ainsi que Louise Bélanger-Mahoney, séquestre officielle pour le ministère fédéral de la Consommation et des Corporations, Direction des faillites, s'adressait à un groupe de créanciers

Résumé

Louise Bélanger-Mahoney, autrefois économiste familiale, a exercé une fonction ouverte depuis peu aux femmes: elle a été séquestre officielle pour le ministère fédéral de la Consommation et des Corporations, au Bureau régional de Montréal, avant de devenir sous-administratrice responsable d'une équipe de séquestrés officiels. Après avoir décrit brièvement la nature de cette fonction, le cheminement suivi pour acquérir cette compétence et les éléments de sa formation en économie familiale utiles pour accomplir ce travail, il est fait mention du rayonnement de ce champ d'action et des perspectives de carrière qui s'ouvrent à elle dans ce domaine.

Abstract

Louise Bélanger-Mahoney, formerly a home economist, has worked in a field which remained closed to women until recently. She held the position of official receiver with the federal Department of Consumer and Corporate Affairs at the Montreal regional office, before becoming administrative assistant in charge of a team of official receivers. In addition to a brief description of this position, the process involved in acquiring the necessary qualifications and the elements of her training in home economics useful in carrying out this work, mention is made of the growth of this field and the career opportunities which are open to her in this area.

réunis à son bureau pour s'informer des dossiers concernant cette faillite et nommer des inspecteurs autorisant le syndic (administrateur des faillites) à poser certains gestes. Première femme au Québec à accéder à ce poste, en 1976, ce fait semblait si inusité que le certificat la consacrant séquestre officielle fut émis au nom de Louis Bélanger-Mahoney.

Mais en quoi consiste ce travail? Louise le décrit ainsi: “Le séquestre officiel accepte les sessions de biens des individus ou des entreprises et nomme le syndic au dossier. Il interroge les faillis (débiteurs) pour identifier les causes à l'origine de cette situation et vérifie les transactions précédant la faillite. Il préside également la première assemblée des créanciers et voit à la surveillance de l'administration des actifs par le syndic, dans le but de procéder à la liquidation des biens et au versement de dividendes aux créanciers, au nom du Surintendant des faillites. Suite au relevé des recettes et des déboursés, le syndic présente l'état de compte au séquestre officiel qui prépare ensuite ses commentaires qu'il soumet à la Cour supérieure en vue de l'acceptation des honoraires du syndic”.

En 1983, Louise Bélanger-Mahoney a été prêtée au Bureau national à Ottawa pour participer à l'élaboration d'un programme de formation des séquestrés officiels. Ce programme visait à mettre à jour la formation de ces professionnels suite à une réorganisation des tâches, et favorisait aussi l'accès du personnel clérical à cette fonction en lui permettant d'acquérir

Marie Barrette, directrice régionale de l'ACd'EF (Québec) et enseignante à la Commission des écoles catholiques de Montréal; maîtrise en nutrition de l'Université de Montréal.

la compétence requise. Elle revint au Bureau régional de Montréal l'année suivante, et depuis, elle est sous-administratrice responsable de la gestion d'une équipe de séquestrés officiels.

Quel cheminement Louise, autrefois économiste familiale, a-t-elle suivi pour devenir séquestre officielle? “C'est le hasard!” dit-elle spontanément, mais pour qui la connaît bien, c'est probablement aussi par goût de relever de nouveaux défis... Sa carrière est révélatrice à cet égard. Diplômée de l'Institut familial de Saint-Jacques de Montcalm, en 1963, elle enseigne l'économie familiale à Shawinigan, sa ville natale, avant de poursuivre sa formation au Mount Saint Vincent University (Halifax) où elle obtient un baccalauréat en Économie familiale (option Éducation), en 1968. Elle poursuit immédiatement ses études supérieures à Pennsylvania State University qui lui décerne, en 1969, une maîtrise en Économie familiale (option Éducation).

De retour au Canada, elle reprend l'enseignement de l'économie familiale, cette fois à la Commission des écoles catholiques de Montréal. Puis dans la foulée du renouveau en éducation, elle devient agent de développement pédagogique pour le ministère de l'Éducation du Québec, et parcourt la province pendant trois ans pour préparer les enseignants à l'application d'un programme-cadre d'études en économie familiale destiné aux élèves du secondaire.

Puis elle est reçue au concours de la Direction de l'aide aux consommateurs, du ministère fédéral de la Consommation et des Corporations. Elle y travaille pendant deux ans, et c'est dans le but d'approfondir la Loi sur les faillites qu'elle doit entre autres lois expliquer aux consommateurs, qu'elle demande à être affectée à l'Agence fédérale des syndics pour mieux comprendre ce secteur. Devenue adjointe au syndic, elle traite directement avec les consommateurs endettés qui n'ont pas les ressources financières requises pour retenir les services d'un syndic privé, et administre leurs dossiers. “Ce fut là une expérience des plus enrichissantes pour moi” souligne Louise, car elle fut à même de mesurer les répercussions désastreuses de l'absence de planification budgétaire sur la qualité de vie des individus et des familles aux

(Suite à la page 32)

What do you say when ...?

What do you say when someone tells you that they are fasting to lose weight?

Marilyn C. Clark

A fasting diet has become popular as a method of weight loss in some segments of the population. In a fasting diet, the individual stops eating completely, with the exception of fluids, for 10 to 14 days or until 7 to 9 kilograms are lost.

Fasting for a short period of time (i.e., 1 to 2 days) has also become popular as a weight-loss method and a "cleansing" of the body. While not recommended, short-term fasting is not dangerous. The fasting referred to in this article is of the longer-term variety.

The only difference between fasting and starvation is that fasting is by choice (Hamilton & Whitney, 1979). A severe and aggressive treatment, fasting can be dangerous and life threatening unless conducted under ideal medically-supervised conditions (Fremes & Sabry, 1976). Fasting can precipitate gout and severe depression as well as the loss of lean body tissue and sudden death due to heart rhythm abnormalities (Brody, 1981).

During fasting, the body's metabolic activities continue. Constant energy is required for the body cells to function. As a fast begins, both glucose and fatty acids enter the cells, are broken down and provide the necessary energy. Once the glucose is used up (several hours later) glycogen (stored carbohydrate) must be withdrawn from body storage to replenish the glucose. The glycogen sources in turn are exhausted within 1 to 3 days (Hamilton & Whitney, 1979, 1982). After this, the body must make some adjustments. An adaptive process takes place, which allows tissues other than the brain to derive their energy primarily from fatty acids (Krause & Mahan, 1984). The brain and nerve cells still need glucose as fuel. The fasting body turns to the muscles of the limbs and other lean tissue such as the heart and liver, and breaks down the protein in these tissues as this is the only remaining source of glucose. Thus the body literally begins to "eat itself".

Marilyn C. Clark received a BScHEc from the University of Alberta. She is currently employed as a consumer counsellor for the Calgary Co-operative Association, providing nutrition and consumer education to its membership.

A regular feature by the CHEA Foods and Nutrition Committee to assist home economists in combatting food and nutrition misinformation. Edited by Marilyn C. Clark.

Body fat, which is what people want to lose in any diet, is an inefficient glucose source and when used in a starvation state results in ketosis.

The state of ketosis fosters a feeling of well-being or a natural "high". Although some people may fast for cleansing reasons, the formation of ketones from the incomplete oxidation of fat burdens the body with additional waste products.

When fasting there is a loss of sodium and water resulting in some weight loss. However the body needs the water to excrete the urea (that results from the metabolism of protein) and the ketones (Guthrie, 1979). Further loss of body weight can also be attributed to the fact that protein has been broken down to provide sufficient glucose. As the protein loss increases there is an increase in the loss of nitrogen and body potassium.

In summary, the major disadvantage of fasting is the loss of muscle and the other lean body tissue when fat loss is what is desired. There are however, numerous undesirable side effects and complications of fasting. These include migraine headaches, (Medina, cited in Important in the literature, 1977) an increased uric acid level, loss of sodium and potassium, ketosis, nausea, fatigue, anorexia, apathy, dizziness, blood pressure irregularities, kidney inefficiency, malabsorption of Vitamin B₁₂ and increased vitamin excretion (Blackburn & Pavlou, 1983; Hamilton & Whitney, 1982).

Whenever anyone is attempting to lose weight, it should be done under the supervision of a medical doctor. Fasting is not recommended as a routine weight-loss treatment; if prescribed, it should be given in a hospital under strict medical supervision (Krause & Mahan, 1984). Persons on such diets are hospitalized and are kept in bed because of extreme weakness and fatigue (Guthrie, 1979). □

References

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Hamilton, E.M., & Whitney, E. (1982). *Nutrition: Concepts and controversies*. St. Paul: West.
Important in the literature. (1977, November). *Nutrition and the M.D.*, 11(5), 3.
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Guide for Authors

Canadian Home Economics Journal

Contributions to the Journal

The *Journal* welcomes articles from home economists and others who share their interest in promoting the well-being of individuals and families. Papers related to social issues affecting the home economics profession and professional practice, or providing information about professional subject fields are of particular interest. Themes and submission deadlines are printed periodically in the *Journal*. Authors are encouraged to submit articles related to the themes but should not feel bound by this directive.

Depending on the nature of the paper, authors may make their submissions to either the general interest articles or to the research (refereed) section.

Contributions that will be considered for inclusion in the research section are: reports about empirical research, review papers related to topics of current interest, research notes on particular issues, or theoretical forums related to theory development in an area of interest to home economists.

Manuscripts in English and/or French are welcome. Submission of a paper to the *Journal* implies that the paper is original and has not been published or currently submitted for publication elsewhere. If copyright material is used, it is the responsibility of the author to give appropriate credit and to obtain permission for reproduction. The original copy of the written permission must accompany the submission. Manuscripts not conforming to the stated guidelines will be returned to the author(s) without consideration.

Manuscripts accepted for publication, are edited to ensure conformity to *Journal* standards. If extensive editing is required the author(s) will be consulted.

Authors are asked to transfer copyright to the Canadian Home Economics Association by signing a Copyright and Licence-to-Use form. This process facilitates arrangements with indexing and abstracting services, and protects the rights of the author and the publisher.

Disponible en français auprès de la rédactrice

Criteria for Acceptance

Research (Refereed) Section

The goal of this section of the *Journal* is to provide researchers concerned with the well-being of families and individuals an opportunity to publish in a refereed Canadian journal. An author's submission of a research paper implies that the paper is based on original research and not published elsewhere. All articles are submitted for external review. The criteria used include:

- Focus on a significant problem in home economics.
- Scholarly report of new knowledge, confirmation or refinement of known facts, presentation of a critical review of literature, development of a theoretical framework, etc.
- Logical interpretation of data.
- In the case of empirical research, evidence of sound research methodology in the conduct of the research.
- Well organized and written in a scholarly style.
- Form and length which makes publishing feasible.
- Length limited to 2,000 to 3,000 words excluding references which may be as extensive as required.

General Interest Articles/ Letters to the Editor (Reader Forum)

All manuscripts are read by the editors and many are submitted to external reviewers. Criteria for acceptance include:

- Content that is original, addresses current topics, provides fresh insights, or new information.
- Clear, concise, logical presentation that will appeal to a constituent group of CHEA.
- Appropriate documentation of sources and conformity to the style guides adopted for the *Journal*.
- Manuscripts for articles limited to 1,500 to 2,500 words and letters to the editor to 300 words.

Preparation of the Manuscript

References for style, format, and spelling are:

- American Psychological Association. (1983). *Publication Manual of the American Psychological Association* (3rd ed.). Washington, DC: Author.
- Strunk, W., Jr., & White, E.B. (1979). *The Elements of Style* (3rd ed.). New York: Macmillan.
- Gage Canadian Dictionary

The submission should include the following sections: title page, abstract, text of the manuscript, references, tables (one per page), figures and other graphics (one per page), titles for figures and graphics (on a separate page), acknowledgements (on a separate page).

In preparing the manuscript adherence to the following details will speed consideration of the manuscript.

Title Page

Because papers are or may be submitted anonymously to reviewers, the following information should appear only on the title page:

- Title of paper—be concise.
- A short biography, including as a minimum, name and present position of author(s); degrees held (including granting institution).
- For research papers, give the institution at which research was conducted and date of execution.
- Name, phone number, and address of author to whom correspondence about the paper should be addressed.

Abstract

The abstract page follows the title page and starts with the complete title of the paper but does not contain the name(s) of the author(s). It should be:

- A concise summary of not more than 150 words that stands on its own.
- Submitted in both English and French. (If the abstract is submitted in only one language, arrangements for translation will be made by the editors).

Text of the Manuscript

The author is fully responsible for correct sentence structure, good English/French, and accurate spelling. In order to ensure that the paper will be understandable to all readers, it should contain a minimum of specialized language.

Style, organization, and format. Scholarly presentation of the material is the responsibility of the author(s). Organize material in a logical sequence, incorporate sub-headings, and, in the case of research or theoretical articles, give enough details of techniques so that other readers can clearly understand the author's ideas or execution of the research. Avoid repetition of ideas in the paper.

- Begin the text of the manuscript on a separate page with at least a 3-cm margin on all sides.
- Number each page on the top right-hand corner.
- Number the lines of type on each page in the left margin.
- Type double-spaced on one side of the paper.
- Limit the length of manuscripts as indicated in the criteria for each section.

Citations. Citations in the body of the article should be by author's surname, date, and pages cited when reference is made to the work of others either by a direct or indirect quotation. The following examples illustrate the required format.

Campbell and MacFadyen (1984) cautioned . . .

Fetterman (1984) stated: "The inventory . . ." (p. 18)

Research (Buskirk, 1981; Serfass, 1982) indicates . . ."

Where reference is made to an article by two or more authors, the first time it appears all names must be listed. In any further reference, use the first listed author and et al. For example:

First reference: Bob, Pringle, and Rijan (1969) reported that . . . ; in any further reference use the format: Bob et al. (1969) favor diets . . .

References

All work cited in the paper must be given in a list of references at the end of the paper. Works that are not cited should not be listed. References are typed on a separate page, double-spaced throughout, alphabetized by first author's surname with paragraph indentation used for the second and successive lines. Several references by the same author are arranged by year of publication. The following examples illustrate APA style. (Note the use of lower case in the titles.)

• Book

Fremes, R., & Sabry, Z. (1981). *NutriScore: The rate yourself plan for better nutrition.* Toronto: Methuen.

• Journal article (do not abbreviate journal names). Nostedt, E.M. (1984). Networking. *Canadian Home Economics Journal*, 34(3), 130-132.

• Article or chapter in an edited book Gurman, A.S., & Kniskern, D.P. (1981). Family therapy outcome research: Knowns and unknowns. In A.S. Gurman & D.P. Kniskern (Eds.), *Handbook of family therapy* (pp. 742-775). New York: Brunner/Mazel.

• Government report

Bureau of Nutrition Research. (1983). *Recommended nutrient intakes for Canadians* (4th ed.). Ottawa: Health and Welfare Canada.

Tables

Tables should be kept to a minimum and used only when they add value to the paper. Type each table on a separate page, double-spaced with the complete title at the top of the sheet. Limit the number of characters across the table 40, 60 or 87, and organize the table to make efficient use of the space. Give each table a number and refer to it by that number in the text. Indicate the location of tables as follows:

(Insert Table 1)

There should be no vertical or horizontal lines except those in the heading and at the bottom of the table.

Figures

Figures, including graphs, pictures, line drawings, and flow charts should be included if they will improve clarity, add reader appeal, and are discussed in the text. Graphs and line drawings must be professionally prepared (one per page) in India ink with a mechanical lettering device. The original art work (or a glossy photograph of the original) must be submitted for publication. Authors should note that the use of a typewriter to produce the lettering is *not* acceptable.

Each item should have a clear heading and be numbered (e.g., Figure 1). Placement in the text should be indicated on the manuscript.

Photographs, when submitted, should be good clear prints. Do not write on the front or back and do not attach them to other materials with paper clips or staples. Attach a sheet that includes the caption to the back of the picture with tape.

In preparing graphics it is good practice to prepare them twice the size that will be shown in the text. Lettering should be done using 12- or 14-point characters. Remember that they must then be reduced to fit within the dimensions of the column or page. The finished width in the *Journal* will be 55, 85, or 180 mm.

Additional Information

Authors should consult the *Publication Manual of the American Psychological Association* (3rd ed.) for complete information.

Review Process

Research Refereed Section

Copies of research papers will be sent to two or more qualified referees. Within six weeks the author should receive a summary of the referees' decisions, comments, and suggestions. Referees may recommend acceptance, minor changes, major revisions, or rejection of the paper. If the author agrees with the reviewers comments, a second draft, incorporating suggested changes should be prepared. If the author does not agree with the suggested changes, justification for that stand may be provided. The paper will be published as soon as possible after it is accepted. Copyright and licence-to-use forms are sent when the paper is accepted.

General Interest Articles

All manuscripts are read by the editors and many are submitted to external reviewers. Authors should receive a report on the acceptability of the paper within four to six weeks.

Submission Information

Four copies of papers intended for the research (refereed) section should be submitted to:

Dr. Phyllis J. Johnson, Research Editor
Canadian Home Economics Journal
University of British Columbia
School of Family & Nutritional Sciences
2205 East Mall
Vancouver, BC, V6T 1W5

Three copies of a manuscript intended for the general interest sections should be submitted to:

CHEJ Editorial Office
34 Linacre Road
Winnipeg, MB, R3T 3G6

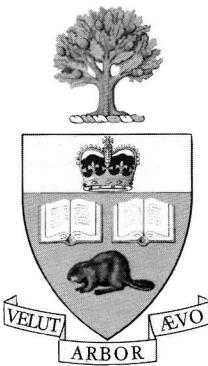
All manuscripts are acknowledged as soon as they are received.

Informations pour la soumissions des textes

Pour ce qui est de la section des articles d'intérêt général, trois copies du texte proposé doivent être expédiées à:

Marie Barrette
2110, rue de l'Eglise
Saint-Laurent, PQ H4M 1G4





Graduate Study in Nutritional Sciences

Faculty of Medicine, University of Toronto

G. Harvey Anderson

The Department of Nutritional Sciences is one of 27 departments in the Faculty of Medicine and is the focal point for teaching and research in human nutrition. It is composed of 13 full-time Faculty members and an equivalent number cross-appointed from other departments.

Areas of Research

Unique opportunities to study the interactions of nutrition and human health are provided in a Faculty of Medicine which is the largest in Canada, having 11 teaching hospitals and more than 3000 Faculty members. The graduate program is supported by many strong departments including biochemistry, microbiology, medicine, pediatrics, pharmacology, physiology, and surgery. Nearly all areas of human nutrition research are represented by the endeavours of the University of Toronto faculty, providing the student with a diversity of projects from which to choose. Among the current research interests of the Department are:

Behavior. Psycho-pharmacological effects of amino acids; food intake regulation by nutrients; neuro-transmitter synthesis, amino acid metabolism, and brain biochemistry; neuronal phospholipid metabolism and brain function; cholesterol metabolism and learning ability; influence of senility and aging on food selection and nutrient intake; heredity, taste, satiety, and food acceptance; psycho-social determinants of nutritional behavior; maintenance of dietary regimes; breast feeding.

Disease. Dietary treatments of psychiatric diseases; effects of dietary components (nutrient, non-nutrients, and anti-nutrients) on the development and treatment of cancers, arterial disease, cystic fibrosis, obesity, anorexia, diabetes, and sepsis; nutritional assessment in disease; energy metabolism; body composition; amino acid requirements and protein turnover; hypocholesterolemic agents; nutritional epidemiology; parenteral nutrition; peritoneal dialysis; toxicity of minerals and food additives; glycemic index.

Normal metabolism. Requirements of infants, children, adults, and elderly; biochemistry of vitamins, trace minerals, amino acids, fatty acids, and carbohydrates; composition of human breast milk; dietary fibre; synthesis of dispensable amino acids.

Analysis. Development of new methods of assessing amino acid, protein, and energy requirements; use of stable isotopes in human nutrition; measurement of body composition; derivation and interpretation of estimates of nutrient requirements; individual variability in requirements; development of analyses for fibre components, vitamins, and toxicants; methodology in nutrition education, community surveys, and nutritional assessment.

Part of a continuing series about graduate study in home economics and related areas in Canada.

Facilities

Excellent animal and experimental surgery facilities are available. Human subjects are drawn from clinical settings and normal volunteers. Food preparation facilities are available in the Department and the hospitals. Laboratories are continually being renovated and the Department either contains or has access to all necessary equipment. The libraries house the largest University collection in Canada. Mainframe and microcomputer facilities are available.

Degrees

Students may earn an MSc, MHSc or PhD degree. The MHSc (Master of Health Science) program is a non-thesis graduate degree offered through the Department of Community Health with Community Nutrition as an area of specialization. The minimal requirement for all of the programs is completion of an undergraduate degree equivalent to a 4-year Toronto degree, and including appropriate background courses, with standing of at least grade B. References concerning the applicant's ability and experience are taken into account in making a selection. The PhD program usually requires 3-4 years after the MSc or equivalent for completion. The major requirement is the preparation and defense of a thesis embodying original and independent research. Course work is adjusted to the individual's background and to the nature of the thesis research; a comprehensive examination of knowledge in nutritional sciences is required. The MSc generally requires about 18-24 months for completion. Again the major requirement is preparation and defense of a thesis but the equivalent of 1-3 full courses may be included in the program. The MHSc can be completed in 16 months but it is usually recommended that this be extended to 2 academic years (21 months). This program includes a much wider base of course work (and self-study) and incorporates practical field experience to help orient the student to the community, its problems, and approaches to programs. There is an opportunity for limited research but a thesis is not required.

Financial Support

Students entering the MSc and PhD programs are encouraged to apply for student awards from national agencies, provincial governments, or from other specialized scholarship programs offered by professional associations or charitable foundations. Application deadlines are usually October or November. A few scholarships are available from an Open Fellowship program in the University on the recommendation of the Department (applications for admission must have been received prior to February 1). Some students in research programs may be supported from the research grants of the staff member. □

For additional information contact Dr. G.H. Beaton, Graduate Coordinator, Department of Nutritional Sciences, Faculty of Medicine, University of Toronto, Toronto, ON M5S 1A8.

Graduate Research in Canadian Universities

Répertoire des recherches dans les universités canadiennes

Compilation of master's theses and doctoral dissertations in home economics and related areas completed July 1, 1984 to June 30, 1985.

Une compilation de mémoires et de thèses en économie familiale et en des domaines affiliés complétées entre le 1^{er} juillet, 1983, et le 30 juin, 1985.

Consumer studies

Broughton, J. (1985). *Defining and characteristic features of interpretation facilities*. Unpublished master's thesis. University of Guelph, Guelph. (Adviser, M.S. Sommers)

Fast, J.E. (1985). *An economic analysis of pre-purchase information search behavior*. Unpublished master's thesis. University of Guelph, Guelph. (Adviser, R.E. Vosburgh)

Family studies

Browning, K.F. (1984). *An investigation of some factors associated with satisfaction in retirement*. Unpublished master's thesis, University of Manitoba, Winnipeg. (Adviser, J. Bond)

Chapman, N. (1984). *Teachers' concerns about child abuse*. Unpublished master's thesis. University of Guelph, Guelph. (Adviser, D.S. Lero)

Chornoboy, E.G. (1985). *Relationship between the housing environment of aging developmentally disabled persons and their activity: Frequency, time spent and activity types*. Unpublished master's thesis. University of Manitoba, Winnipeg. (Adviser, C. Harvey)

Clearwater, E.A. (1985). *Correlates of marital satisfaction in a Manitoba low income sample*. Unpublished master's thesis. University of Manitoba, Winnipeg. (Adviser, C. Harvey)

Forbes, S. (1985). *Families coping with an elder's care and related decisions*. Unpublished master's thesis. University of Guelph, Guelph. (Adviser, J. Norris)

Fung, A.Y.Y. (1984). *The relationship of mother's perception to the child's competence and mastery motivation*. Unpublished master's thesis, University of Manitoba, Winnipeg. (Adviser, L. Brockman)

Gardner, L. (1985). *An evaluation of the effectiveness of two treatment models for increasing self-esteem*. Unpublished master's thesis. University of Guelph, Guelph. (Adviser, C.A. Guldner)

Gladwell, J. (1985). *The delivery of sex therapy in Ontario*. Unpublished master's thesis. University of Guelph, Guelph. (Adviser, C.A. Guldner)

Jones, L.I. (1984). *Social network and life satisfaction of elderly Albertans*. Unpublished master's thesis. University of Alberta, Edmonton. (Adviser, N. Keating)

Liddell, L.S. (1984). *Psychological differentiation as a factor in marital problem solving*. Unpublished master's thesis. University of Alberta, Edmonton. (Adviser, N. Hurlbut)

Second annual listing.

Norris, D.M. (1984). *Marriage preparation programs and changing marital roles*. Unpublished master's thesis. University of Alberta, Edmonton. (Adviser, J. Montgomery)

Thor, A.T. (1985). *Consumer education knowledge of prospective teachers at two Manitoba universities*. Unpublished master's thesis. University of Manitoba, Winnipeg. (Adviser, R. Berry)

Food/nutrition

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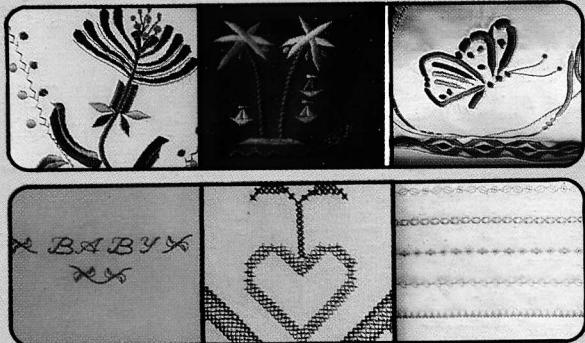
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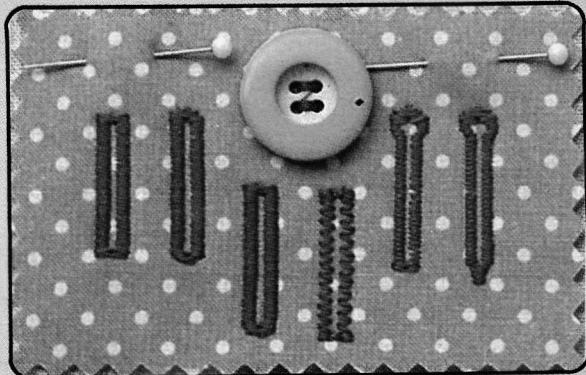
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